

HIS ONLY OPPORTUNITY.



"Does your wife talk in her sleep, major?"

"No, I talk in her sleep—it's the only chance I get."

He "Followed Copy." Mrs. Marbie, after the death of her husband, went to Mr. Stone (a dealer in headstones) and consulted him in reference to an inscription. She said: "Put on it: 'To my dearest husband, and if there be any room left, we shall meet in heaven.'"—Port Chester Record.

PURE FOOD.

No Food Commissioner of Any State Has Ever Attacked the Absolute Purity of Grape-Nuts.

Every analysis undertaken shows this food to be made strictly of Wheat and Harley, treated by our processes to partially transform the starch parts into a form of Sugar, and therefore much easier to digest.

Our claim that it is a "Food for Brain and Nerve Centres" is based upon the fact that certain parts of Wheat and Harley (which we use) contain Nature's brain and nerve-building ingredients, viz.: Phosphate of Potash, and the way we prepare the food makes it easy to digest and assimilate.

Dr. Geo. W. Carey in his book on "The Biochemic System of Medicine" says: "When the medical profession fully understands the nature and range of the phosphate of potassium, insane asylums will no longer be needed."

"The gray matter of the brain is controlled entirely by the inorganic cell-salt, potassium phosphate.

"This salt unites with albumen, and by the addition of oxygen creates nerve-fluid, or the gray matter of the brain."

"Of course, there is a trace of other salts and other organic matter in nerve-fluid, but potassium phosphate is the chief factor, and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life. Therefore, when nervous symptoms arise, due to the fact that the nerve-fluid has been exhausted from any cause, the phosphate of potassium is the only true remedy, because nothing else can possibly supply the deficiency."

"The pills arising from too rapidly consuming the gray matter of the brain cannot be overestimated.

"Phosphate of Potash, is to my mind, the most wonderful curative agent ever discovered by man, and the blessings it has already conferred on the race are many. But what shall the harvest be? when physicians everywhere fully understand the part this wonderful salt plays in the processes of life? It will do as much as can be done through physiology to make a heaven on earth."

"Let the overworked business man take it and go home good-tempered. Let the weary wife, nerves unstrung from attending to sick children or entertaining company, take it and note how quickly the equilibrium will be restored and calm and reason assert her throne. No 'proving' are required here. We find this potassium salt largely predominates in nerve-fluid, and that a deficiency produces well-defined symptoms. The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

Please observe that Phosphate of Potash is not properly of the drug-shop variety but is best prepared by "Old Mother Nature" and stored in the grains ready for use by mankind. Those who have been helped to better health by the use of Grape-Nuts are legion.

There's a Reason.

BRAIN POWER Increased by Proper Feeding.

A lady writer who not only has done good literary work, but reared a family, found in Grape-Nuts the ideal food for brain work and to develop healthy children. She writes: "I am an enthusiastic proclaimer of Grape-Nuts as a regular diet. I formerly had no appetite in the morning and for 8 years while nursing my four children, had insufficient nourishment for them."

"Unable to eat breakfast I felt faint later, and would go to the pantry and eat cold chops, sausage, cookies doughnuts or anything I happened to find. Being a writer, at times my head felt heavy and my brain asleep."

"When I read of Grape-Nuts I began eating it every morning, also gave it to the children, including my 10 months old baby, who soon grew as fat as a little pig, good natured and contented."

"I wrote evenings and feeling the need of sustained brain power, began eating a small saucer of Grape-Nuts with milk, instead of my usual indigestible hot puddings, pie, or cake for dessert at night."

"I grew plump, nerves strong, and when I wrote my brain was active and clear. Indeed, my head pain never returned."

POSTUM CEREAL CO., Ltd. Battle Creek, Mich.

The "New Directoire"

The Foremost Creator of Fashions for Women of Fashion, Approves of It When Modified to Suit the Individual.

BY MRS. OSBORN.



Every Part Should Be Subordinated to the General Effect to Make the Perfect Ensemble.

The princess, the empress, the directoire! The transition steps, though gradual, have been clearly marked.

I have watched its development with interest and pleasure—interest because it gives me an odd thrill to see on the streets of this most modern of cities the legitimate descendants of gowns that once trailed over ballrooms and grand stairways of old world palaces. Pleasure, because I see in every varying change of dress not a petulant flinging aside of something that has wearied a jaded fancy, but a keen-sighted discarding of that which can be replaced by something better, lovelier and more pleasing. It is in this manner that the directoire has come to us from Paquin and other French houses.

Consider Suitability. I like it very much, though I recognize that Paquin's version of it is too extreme to be becoming to many women. Therefore, a new silhouette has developed—a graceful, becoming style that accentuates the waist line and gives the effect of slenderness and length of limb so desirable this season.

The silhouette shows the waist line slightly lifted above the normal—the same old short-waisted effect that has been jogging along for a year and a half. When empire gowns first came into vogue they were so loose they looked like nothing but wrappers.

Now the clever dressmaker makes a compromise. It is neither directoire, nor empire, nor long-waisted; you cannot say that it is the creation of any dressmaker in Europe, for it is not. It is a becoming style and one that will be seized on at once, for almost any one can wear this new mode with the modified outline.

Errors in Costuming. Every woman will not accept it, of course, and I am not sorry for that. In fact, I would be better pleased if fewer women adopted it, and those few were the ones to whom it is best suited. A new style will always appear hideous if worn by the wrong person. If you are a person of average intelligence—and in the question of dress that seems to be of no intelligence whatsoever—and you see, for example, an enormously stout woman complacently wearing an empire gown exactly suited to a slim girl of 20, you will probably turn your back henceforth on the empire. Your mistake is quite as flagrant as the stout woman's. Her error and yours are identical.

So of the directoire. You will see it on every type of woman extant. I personally would like to put it on many women—modifying it here, accentuating it there, adapting it to each so that it concealed her bad points and made the most of her good ones.

Making the most of oneself! That is a text on which I want to preach a sermon every time I drive on the avenue or enter a crowded street car. It is suggested just as strongly by the woman whose dress allowance runs into the thousands as by the poor creature.

A Smart Toilette for a Small Child. A smartly dressed little tot of six wore a deep navy blue serge suit—the skirt of which was plaited and fell free, but only to the knees. The jacket was long and squarely cut, slit up the sides about four inches, and all bound with black silk braid. The sash effect was relieved by a long natty tie of malachite green taffeta ribbon; the hat, a modified mushroom shape, was made up of tiny folds of malachite taffeta faced with the same, and an inch band of black velvet ribbon, caught to one side in the back, with a large oval shape buckle of small green stuffed balls, one close to the other.—Vogue.

Real Flowers Worn. With tailor-made dresses small button holes of real flowers to correspond with the shade of the hat are one of the conceits of the moment, writes a Paris correspondent.

All Frenchwomen and Americans are wearing them. It surely ought to be a good season for the florists, for the true elegant prefers real flowers for her corsage. When a large cluster of flowers is required it is a pretty

sure whose pathetically inappropriate white chiffon hat and velvet coat struggle bravely to conceal the shabbiness of her dress and shoes.

Inborn Gift of Dress. The gift of dress seems to be something inborn—as difficult to acquire as blue eyes or a rose-leaf complexion. Yet, if I considered it altogether hopeless, I would not pause to dwell on a condition already too painfully familiar to us all.

The most hopeful feature of the situation is that every woman sincerely desires to look well. When she fails it is from one to three reasons—granted, of course, that she has sufficient means to dress in keeping with her station. In the first place, she may be totally lacking in all sense and feeling for what is beautiful and effective in color, in line and in texture.

Her case is hopeless unless she can put herself unreservedly in the hands of a woman who is more clever than herself, who possesses the quality she lacks. She belongs to that most helpless class of those who turn their houses over to professional furnishers. Select What is Suitable.

Then, there is the woman who loves the beautiful and is quick to recognize it when she sees it. Her failure lies in an ignorance of what is suitable. I see great possibilities for her, for she is capable of being educated to select the beautiful thing that is appropriate. She will be quick to grasp the fact that success in dress is achieved by simplicity and harmony; a beautiful, restful, satisfying whole, in which every part is so subordinated to the general effect that not a single detail of it will assert itself above the rest. She can be taught that certain colors are suitable only for certain places and occasions. Under the proper guidance she can learn from her own mistakes to avoid tones and lines that have proved trying and unbecoming.

The Greatest Offender. Last of all, there is the woman who ought to be ashamed of herself. I know no patience with her at all; she knows how to choose her clothes and how to wear them, yet does not do so. You meet her to-day looking radiant, distinguished, beautifully dressed. You meet her two weeks later, and it is with difficulty that you recognize either the woman or the clothes. Her gown is wrinkled, her shoes have not been cleaned and it is only too obvious that she does not take the trouble to keep them on shoe-trees. A button is missing from one glove and an ever-widening rip shows on the seam of the other. Her hair has been hastily arranged and does not fill out the wide frame of her picture hat. The average woman can keep herself and her clothes in order unless she is indolent and indifferent.

Joseph Williams Osborn

(Copyright, 1918, The Delineator, New York.)

Idea to mix the best artificial with the real. Delightful are the small button-holes of violets, gardenias, or a single carnation placed in the coat of the neat braided tailor-made.

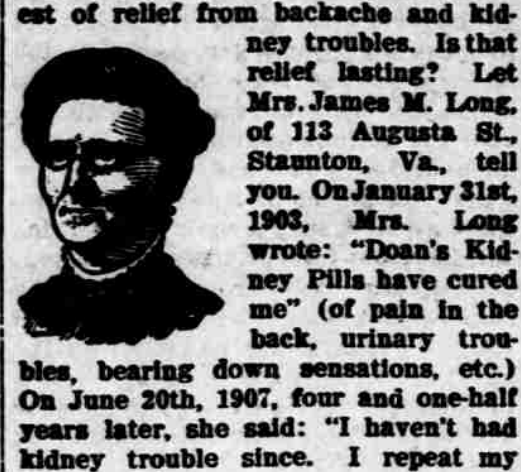
With the large hats the coiffure still retains its voluminous proportions. If the hat be too big it has a tendency to shorten the figure. A change will surely come, as already to go with the beautiful Grecian evening dress the hair is dressed a la Grecque—parted in the middle and waved with a bandeau of curls and a ribbon in the middle of the head.

Sleeve Draperies. French frocks are very artistically handled in regard to sleeve and shoulder draperies. The cape idea begins, and it is difficult to decide sometimes whether a model should be termed a draped cape or a kimono effect. The designs lend themselves readily to the lavish use of soutache and coarse lace.

Dispersal of Gloom. Good temper is like a sunny day.—French Proverb.

THE TIME TEST.

That is What Proves True Merit.

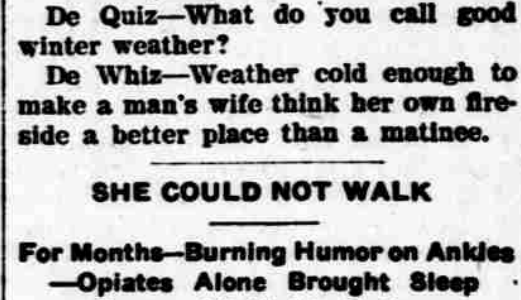


Doan's Kidney Pills bring the quickest relief from backache and kidney troubles. Is that relief lasting? Let Mrs. James M. Long, of 113 Augusta St., Staunton, Va., tell you. On January 31st, 1903, Mrs. Long wrote: "Doan's Kidney Pills have cured me" (of pain in the back, urinary troubles, bearing down sensations, etc.)

On June 20th, 1907, four and one-half years later, she said: "I haven't had kidney trouble since. I repeat my testimony."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

ANOTHER NARROW-MINDED MAN.



De Quiz—What do you call good winter weather? De Whis—Weather cold enough to make a man's wife think her own fire-side a better place than a matinee.

SHE COULD NOT WALK For Months—Burning Humor on Ankles—Opates Alone Brought Sleep—Eczema Yielded to Cuticura.

"I had eczema for over two years. I had two physicians, but they only gave me relief for a short time and I cannot enumerate the ointments and lotions I used to no purpose. My ankles were one mass of sores. The itching and burning were so intense that I could not sleep. I could not walk for nearly four months. One day my husband said I had better try the Cuticura Remedies. After using them three times I had the best night's rest in months unless I took an opiate. I used one set of Cuticura Soap, Ointment, and Pills, and my ankles healed in a short time. It is now a year since I used Cuticura, and there has been no return of the eczema. Mrs. David Brown, Locke, Ark., May 18 and July 13, 1907."

When He Skipped. Suddenly the lone woman awoke, and pressing a button flooded the apartment with light. In the full glare stood a burglar.

"I don't wish to alarm you," she said to him, "but in just a minute the hour of midnight will strike."

He did not seem impressed. "Are you aware," she continued, "that the coming of the hour will usher in the new year?"

Still he stood mute. "And that it will be leap year at that!" she added. Then it was that he fled into the darkness.

STATE OF OHIO, CITY OF TOLEDO, ss. I, FRANK J. CHENEY, make oath that I am holder of the firm of F. J. CHENEY & CO., doing business in the City of Toledo, Ohio, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of CUTICURA.

FRANK J. CHENEY, Notary Public. CATARRH'S Cure is taken internally and acts directly on the blood and mucous surfaces of the system. Send for Leaflet, CHENEY & CO., Toledo, O. Sold by all Druggists, etc. Take Hair Family Pills for constipation.

Satan Terrified. There is as great genius displayed in advertising as in the higher branches of literature. No problem daunts the modern advertising man. In the window of a little bookstore in Eighth avenue, New York, was recently heaped a great pile of Bibles, marked very low—never before were Bibles offered at such a bargain; and above them all, in big letters, was the inscription: "Satan trembles when he sees Bibles sold as low as these."—Woman's Home Companion.

Chocolate Pie! Chocolate Pie! The more you eat the more you want if they are made from "OUR-PIE" Preparation. Try it and tell your friends how easy it is to make delicious chocolate pie. Three varieties—Lemon, Chocolate, and Custard—at grocers, 10 cents a package.

Above Reward. Good counsel has no price.—French Proverb.

The very wisest advice: take Garfield Tea whenever a laxative is indicated! Pleasant to the taste, simple, pure, mild, potent and health-giving. Made of Herbs—no drugs.

If a rich girl has fiery red hair it's a sign that all her acquaintances will tell her it is golden.

FILES CURED IN 6 TO 14 DAYS. PICO DISTEMPER is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Files in 10 to 14 days or money refunded. No.

The young man who hesitates during leap year is won.

CARE OF THE KITCHEN.

Clean Walls Are an Essential to Sanitary Cooking.

It is not only important to know how to cook, but it is equally important to know where to cook. Cooking in a dirty kitchen can never produce good food. The idea is simply preposterous, yet kitchen walls are left for months—sometimes for years without cleansing.

In the first place the kitchen wall should have a light tint that the merest fleck of dirt can be seen; that the sheenest cobweb can be brushed away; that the tiniest water bug can be discerned. It is all folly expecting clean food in a kitchen with dirty walls.

Never put a wall coating on a kitchen wall that is mixed with hot water or that has glue in it, or sour milk in it if mixed with cold water. Glue walls made from horses' hoofs colored up with cheap colorings do not indicate good housekeeping. The glue is constantly flaking off, falling into the food and the idea of food flavored with glue made from horses' hoofs is not appetizing.

Kitchen walls to be thoroughly satisfactory should be alabastined the same as every other wall in the house. They should be coated regularly in the spring and fall of each year with a light tint.

The care of the pantry requires constant attention. The walls should be brushed over every year, the dishes removed from the shelves which should be thoroughly wiped with hot water. If there are ant holes or any other insects in the pantries a thick putty of the wall coating can be made and all the ant holes, even small mice holes can be filled with it which will protect the pantry from the incursions of disagreeable insects and mice.

Women Not in Demand. Mr. Arnold Shanklin, just returned from Panama, says that men who go to Panama seem to think a wife one of the first necessities, but generally they are provided with sweethearts, who either come to them properly chaperoned or they go back to the states for them. The government builds nice six-room houses for the married men, and there is a very pleasant social set being formed. He did not seem to agree with Miss Helen Varick Boswell that old maids or bachelor girls are wanted there, the inference being that the right sort of men are either married or about to be when they go to Panama.

Millions in Oats and Barley. Nothing will pay you better for 1908 than to sow a plenty of big yielding oats and barley with oats at 40c to 50c a bu. (Salzer's new Emperor William Oats averaged 50 bu. per acre more than any other variety in 1907) would pay immensely while Salzer's Silver King Barley which proved itself the biggest yielder at the Wisconsin Agricultural Station during 1907 if you had planted 50 acres would have given you in 1907 just \$3,500.00 on 50 acres. It is an enormous yielder.

JUST SEND THIS NOTICE AND 10c to the John A. Salzer Seed Co., La Crosse, Wis., and we will mail you the only original seed catalog published in America with samples of Emperor William Oats, Silver King Barley, Billion Dollar Grass which produces 12 tons per acre. Sainfoin the dry soil luxuriator, etc., etc., and if you send 10c we add a package of new farm seeds never before seen by you.

Gloomy Outlook. Long Winded Orator (lowering his voice to an impressive whisper)—"Have you ever, O, my friends, allowed yourselves to wonder where you will be and what you will be doing when another century shall have rolled around?"

Wearied Auditor (in an equally impressive whisper)—"Yes—we'll still be here waiting for you to finish your speech!"

Important to Mothers. Examine carefully every bottle of CASTORIA a safe and sure remedy for infants and children, and see that it bears the Signature of J. C. Watson In Use For Over 30 Years The Kid You Have Always Bought.

Took Two to Beat Her. Timkins—Your wife seems to be quite a fluent talker. Timkins—You bet she is. I never knew her to be outtalked but once. Timkins—Indeed? Timkins—Yes; and then it took two other women to do it.

With a smooth iron and Defiance Starch, you can launder your shirt-waist just as well at home as the steam laundry; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the iron.

The best swimmer is the first to drown himself.—Italian.

DODD'S KIDNEY PILLS. ALL KIDNEY DISEASES. 75 GUARANTEED.

W.L. DOUGLAS SHOES. \$300 SHOES \$350. MEMBER OF THE FAMILY.

Better Than Paint At One-Tenth The Cost. Our REVISED TALK is the best ever published...

COLT DISTEMPER. Can be painted very easily. The dirt you spend, and all others...

AS YET UNKNOWN TO FAME.

Can Any One Place This Question from Philosopher?

Louis Jones of the Grand opera house had the blues. His brother, a colored man, usually in good humor, had 'em, too. Neither knew just why he had 'em, but they had 'em just the same. They talked of the weather, the times and a dozen other gloomy subjects. There was nothing sunny in the soul of a patron or a barber. Finally both sighed in concert and a silence fell over the shop—yes, over a barber shop. The colored man was the first to speak. After several moments of silence he gave vent to another sigh and said:

"Well, as de old philosopher says: 'Ef yo' ain't got nothin', now's yo' time.'" Jones is still wondering who the philosopher was.—Indianapolis News.

The Simple Life. Abe, a light mulatto, called upon a minister for whom he had formerly worked.

"Yo' know, boss, I've gwine to be married nex' week," he admitted haltingly, according to Lippincott's Magazine. "I've gwine to marry Miss May Felicity Johnson, an' May she say she wants ter be married jus' like white folks." "All right, Abe, I'll marry you if you want," the minister replied. "How much you gwine charge?" "It will cost you \$5 to be married like white folks." Abe scratched his head. "Guess we'll have ter be married like colored folks, then," he said. "You see, boss, we's gwine to housekeepin', an' I ain't got no \$5."

Starch, like everything else, is being constantly improved, the patent Starches put on the market 25 years ago are very different and inferior to those of the present day. In the latest discovery—Defiance Starch—all injurious chemicals are omitted, while the addition of another ingredient, invented by us, gives to the Starch a strength and smoothness never approached by other brands.

It may be a blessed fortune for Socrates that Xantippe didn't keep a diary to be published 2,000 years after her death.

When Your Throat Feels Sore Get a 25c box of Brown's Bronchial Troches. They give immediate relief. Contain nothing injurious.

Making things appear to prove what we want them to prove, is one way; proving them prove what they do prove is another way.

A Beautiful Watch For Free to those who ship us \$5 worth of hides or furs or buy guns or traps to that amount. N. W. HIDE & FUR CO., Minneapolis.

Taking care of money is almost as hard work as earning it.

ONLY ONE "BROMO QUININE" THAT IS LAXATIVE BROMO QUININE. Look for the signature of R. W. GUYLE. Live the World over to Cure Cold in the Day. See.

Is it not sheer madness to live poor to die rich?—Juvenal.

DEFIANCE STARCH for starching Brassieres.

STIFF, YES? WET AND DAMP CAUSE COLD IN THE JOINTS. ST. JACOBS OIL. TAKES OUT THE PAIN AT ONCE. REMOVES THE STIFFNESS. PREVENTS ITS RETURN. TOO FINE FOR BRUISES, SPRAINS AND SORENESS.

W.L. DOUGLAS SHOES. \$300 SHOES \$350. MEMBER OF THE FAMILY.

Better Than Paint At One-Tenth The Cost. Our REVISED TALK is the best ever published...

COLT DISTEMPER. Can be painted very easily. The dirt you spend, and all others...

Syrup of Figs and Elixir of Senna acts gently yet promptly on the bowels, cleanses the system effectually, assists one in overcoming habitual constipation permanently. To get its beneficial effects buy the genuine. Manufactured by the CALIFORNIA FIG SYRUP CO.

60 FARMS FREE. What a Settler Can Secure in WESTERN CANADA. 100 Acres Grain-Growing Land FREE.

RANCH LIFE IN THE WEST. Still Plenty of Chances to Get Rich and Secure Free Homes—Book of 100 Pages and Map Free.

DEFIANCE STARCH for starching Brassieres.

Your Good Looks Wine of Cardui. Woman's good looks depend, of course, very largely upon her health. If you are weak, sick, miserable, and suffer from pain or other symptoms of womanly ailments, your face and appearance will quickly show it, and nothing will bring back your good looks, until you cure your female troubles. The medicine for you to try, when sick. Mrs. Sarah Avery, of Moark, Ark., writes: "I suffered with womanly troubles for two years, and nothing helped me until I took Cardui. Now I am well." Try it. Sold everywhere, in \$1.00 bottles. WRITE FOR FREE BOOK