* 




Nothing I Ate
Agreed With Me













## THE STIAE CPITILL <br> OF INTERES citizens. <br> a STITEMEIT BY MR BYYan





MIRRORS FOR THE SICK

|  |  |
| :---: | :---: |
|  |  |
| important part in the sickroom than most nurses and physicians give it |  |
|  |  |
| - Alt things considered, it think in |  |
| chance to look at himself occasional$y$," said a West side doctor. |  |
|  |  |
|  |  |
| is really looking seedy, a turn at the ionking-glass is equivalent to signing |  |
|  |  |
| ; but if taken at |  |
|  |  |
| with us own visage beats any tonit |  |
| with new hope. It makes him fee that he isn't quite so far gone as hehad thought and that possibly a fight |  |
|  |  |
|  |  |


round.

| VSITS WITH |
| :--- |
| BUGES ITY |



 That siopped en
Intermitent abar
be came the man of
of tree and arok
do
dom
dite
The
mo
joth
Jone
ond
and tron prompt, in ection
In supplying that demand with its as
eclent combination of Syrup of Figs and
Fixir of Senne the Chiforio cellent combination of Syrup of Figs and
Elixir of Senna, the California Fig Syrup
C. proceeda along ethical lines and relice on the merituof the laxative for itor remast. That is one of many rethons why the preference by the Well-Informed
To get its benefcial effecta alway buy
the genuine-manufaetured by the Cris-
Tornia Fig Syrup Co., only, and for sala seemed a trifle personal. Clergyman's Particular Reason for
Omitting the Firth Verse.

 proceeded
mencing:
"Forever


## 析

his com
histinct.
dist
Housematd- $\mathbf{y}$ guess it's an right.
its elther a new tire for the auto, or
new hat for the mingus!
Tr. W. W. W. Kermit whistled.
2

$$
\begin{aligned}
& \text { I suppose it's the undertaker this } \\
& \text { tume mentany hoted as he une } \\
& \text { hooked the receetver. Getting the busy } \\
& \text { sisnal fin his ear, Jones fell back into } \\
& \text { his chair, discouraged. }
\end{aligned}
$$

$$
\begin{aligned}
& \text { his chair, discouraged. } \\
& \text { What should he do? } \\
& \text { Just as he was oonidering the add } \\
& \text { visability of making a dash for it in } \\
& \text { the auto the door opened and his wife }
\end{aligned}
$$

Real Self-possession.
Not tong ago o oung conple entered
railway carriage at Sheffeld and were immediately put down as a bridal

$\qquad$
$\qquad$
$\qquad$ ohis partner, remarked audibly:
"By Juve, May! rve stolen the bric

EAGER TO WORK
The average healthy man or woman
is usanally eager to be buys at some
seeful task or employment usefur task or employment.
Eut ot despeppla or tidigestion get
bold of one, and all endeavor becomea "A year ago, after recovering from
an operation. writies a Mich. lady, "my
ond nuch trouble.
At At tumes mpetite was vora-
Ious, but when indulged, tndigestion clous, but when Induliged, Indigeston
ollowed. Other times I had no appetite
Whatever. The food 1 took did noo
ourrish me, and 1 grew weaker than CI. lost interest in everything, and
vanted to be alone. I had always had sood nerves, but now the merest had trife
vould upset me and bring on a vio-
lent headache. Walking across the com was an efrort and prescrised the
orcise was out of the question.
iI had seen Grape
Byymintenews

"I had seen Grape-Nuts advertised.
but did not believe what I read at
the time. At last when it seemed as
if I were literally starving, I began to II had not been able to work for
y year, but now aftere two months on
crapeNuts I am eager to mo year, but now after two months on
Grape Nuts 1 am eager ot one at work
agan. ny stomach gives me no trouNe now, my nerves are steady
ver, and tnterest in ilie and ambition
nave came back with the return to

Nhere's a Reason.",
Came given by Postum Co., Battle
Crekk, , inich. Read "The Road to Well


