# BILIOUS, HEADACHY,

Gently cleanse your liver and sluggish bowels while you sleep.

you sleep.

Get a 10-cent box.

Sick headsche, billousness, dizrisick headsche, billousness, dizribreath—always he food taste and foul
breath—always he food taste and foul
liver; delayed, formenting food in
bewels or sour; gassy stomach.

Poisonous matter clogged in the inteatines, instead of being cast out
of the system is re-absorbed into the
blood. Whyn this poison reaches the
delicate brain tissue it causes congestion and that dull, throbbing, sickenting headache.

Cascarets immediately cleanse the
cascarets immediately cleanse the
stomach. remove the sour, undigested
stomach. remove the sour, undigested

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the froweds.

A Cascaret to slight will surely straighten you out by morning. They straighten you out by morning. They straighten you out by morning. They from your druggate means the surely straighten your druggate means the surely straighten and the surely straight the surely straight the surely straight the surely straight the surely surel

### LOVE THRIVES ON EUGENICS

## GOOD FOR HUNGRY CHILDREN

GUID FOR HUNGHT CHILDREM.

Children love Skinner's MacFroni and Spagnetti because of its delicionstate. It is good for them and you can give them all they went. It is a more builder of bone and muscle, and the state of the sta

hers.—Adv.

Why a Cold Cup "Swests."

ut fee cream into a cup and the cup
the sir around it instantly bee.cold. Air consists in part of
or, and when the sir is cooled this
or turns into water. As the cening the cold control of the cup a good deal
the air in the immediate vicinity
eres on its outside in the shape of
or. But, as the 'air contains much
beat than the cup contains coid,
the control of the cup contains coid,
the control of the cup contains coid,
the cup coid coid coid coid coid coid co

dustralia's pearl fishing industry is ng held up by the war.

# When Work Is Hard

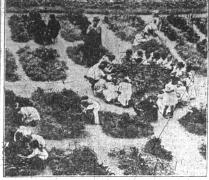


DOAN'S RIDA





# Their Care and Cultivation



# TEACHING THE CHILDREN

By E. VAN BENTHUYSEN





EMBROIDERED MORNING DRESS.

plain skirt and jacket, with spangles or ri ny of the standard pat-background for wor



# In Woman's Realm Women of Pretty and Sensible Morning Dress Which May Be Made of Linen, but is More Likely to Be Mada of Cotton, Suph as Indian. Head or Some Other Sultable Weave—Pretty Headdress for the Opera. The Woman's Realm Women of Cotton, Suph as Indian. Head or Some Other Sultable Weave—Pretty Headdress for the Opera.

Many distressing Ailments experienced by them are Alleviated by Lydia E. Pinkham's Vegetable Compound.

## Here is Proof by Women who Know,



Towell, Mass.—"For the last threy rears I have en troubled with the Change of Life and the bad lifting common at that time I law in a very ner-ous condition, with headaches and pain a good al of the time so I was unfit to do my work. A end asked me to try Lydis E. Pinkham's Vegeta-compund, which I did, and I has holped me in

She Tells Her Friends to Take Lydia E. Pinkham's Remedies. She Tells Her Friends to Take Lydia £. Pinkham's Remedies. North Haven, Conn.— When I was 45 I had the Change of Life which is a trouble all women have. At first it didn't bother mabut after a while I got bearing down pairs. I realled in doctors who told me to try different things but they did not cure my pains. One day my husband came home and said, "Why don't you try Lydia L. Pinkham's Vegetable Compound and Stantiev Wash?" Woll, I got them and took about 10 bottles of Vegetable Compound and could feel myself vegetaining my health. I also used Lydia E. Pinkham's coming to my house who suffers from female troubles or Change of Life, I cell them to take the Pinkham' remedies. There are about 20 of us here who think the world of fluem. — Mrs. Flonance Isati. 4, Box 197, North Haven, Conn.

You are Invited to Write for Free Advice.

No other medicine has been so successful in relieving woman's suffering as has Lydie E. Flakham's Vegetable Compound. Women may receive free and sleipful advice by writing the Lydie, E. Plakham Medicine Co. Lydin, Mass. Such letters are received and answed by women only and held in strict confidence.

# FALLING HAIR MEANS DANDRUFF IS ACTIVE

LANDS INDIAN IN BROADWAY

Half Starved Tramp Shod in Mocassins is Elevated to the

## MICHIGAN DRUGGIST PRAISES FINE KIDNEY MEDICINE

# The New Method LOSS OF