

### BILIOUS HEADACHE, SICK "ASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and poor breath—always trace them to torpid liver; delay in forming stools in the bowels; or sour, gassy stomach.

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

Ascariets 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 bowels.

A Cascarets' tonight will surely straighten you out by morning. They work while you sleep. A 10-cent box from your druggist means your liver clear, stomach sweet and your head and bowels regular for months. Adv.

### LOVE THRIVES ON EUGENICS

Marriages in Milwaukee Are on the Increase, Despite Law Against Unit.

Marriage goes merrier on in Milwaukee, Wisconsin, than in any other city, says the Socialist of that city.

Figures in the county clerk's office show an increase in both 1915 and 1916 over the corresponding figures of the census issued. The eugenics law in operation for three years, has had no effect upon the celebration of the time-honored nuptials.

"I still maintain that the eugenics law has been of tremendous benefit to the people of the state," declared Mrs. C. A. Hiple, sponsor for the law. "It is asserted that doctors make only superficial tests of men who come to them for examination before marriage, but I contend that no conscientious physician could pass upon one who might later bring results that would reflect upon his earlier judgment."

Mrs. Hiple declared that, while she had no present intention of assisting any change in the law she might consider a broadening of the law that would include the women as well as the men in the prenuptial examination.

### GOOD FOR HUNGRY CHILDREN

Children Love Skinner's Macaroni and Spaghetti because of its delicious taste. It is good for them and you can give them all they want. It is a great builder of bone and muscle, and does not make them nervous and irritable like most of the most economical and nutritious food known. Made from the finest Durum wheat, Write Skinner & Co., Omaha, Neb., for beautiful color book. It is sent free to mothers.—Adv.

### Why a Cold Cup "Sweats"

Put ice cream into a cup and the cup and the air around it instantly become cold. Air expands in heat and vapor, and when the air is cooled this vapor turns into water. As the center of coldness is the cup, a good deal of the air in the immediate vicinity gathers on its outside in the shape of water. But, as the air contains more heat than the cup contains cold, the ice cream gradually melts.

Pimples, boils, carbuncles, dry up and disappear with Doctor Frier's Golden Medical Discovery. It is tablet or liquid.—Adv.

### American preserved orange, lemon and citron peel find favor in Canada.

Australia's pearl fishing industry is being upheld by the war.

### When Work Is Hard

What kidney troubles are so common to the man of the street but especially in so many occupations, such as: Carriage and stage work, railroad work, Cramp and strain, gas in the stomach, indigestion, nervousness, etc.

Exposure to changes of temperature, from furnace, refrigerator, etc.

Dampness as in tanneries, quarries, etc.

Inhalation of poisonous gases in painting, printing and chemical shops.

Doan's Kidney Pills are fine for such ailments.

**A Michigan Case**

Mr. C. C. Clegg, 111 S. Prospect St., Ypsilanti, Mich., writes: "I was afflicted terribly for some time with kidney trouble about six years ago. Some of my friends advised me to get a bottle of Doan's Kidney Pills. I was very painful and was unable to get to the house for several months and since I have used Doan's Kidney Pills I feel that they saved my life."

Get Doan's at Any Store, 50c a Box. **DOAN'S KIDNEY PILLS.** FOSTER-MILBURN CO., BUFFALO, N. Y.

### The Army of Constipation

In Growing Smaller Every Day. CARTER'S LITTLE LIVER PILLS are responsible. They not only give relief, but they permanently cure constipation. Miller's Little Liver Pills are the best for Biliousness, Sick Headache, Salter's Pills, SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine and Bear Signature.

### RHEUMATISM Pay Wages CURED

W. N. U., DETROIT, MO. 3-1917.



The Schoolchildren Are Being Taught the Beauty of Flowers and the Joy of Raising Fresh Vegetables for the Home Table. An Interesting Way to Study Botany.

### TEACHING THE CHILDREN ABOUT FLOWERS

By L. J. BENNINGTON.

One of the things that wise old folk of many generations have repeated is that if a child be taught until it is twelve years of age it doesn't make much difference who has the subsequent handling, the direction of the mind will be fixed and the career pointed. This truth is shown in no way better than in the development of a love for flowers and for the garden.

Country folk imagine that children in the big cities have no trees, no grass and no flowers. Quite the reverse! They have the benefit of seeing the best development that is made by the leading cultivators of the world. They are now being taught the value of flowers. The time was when a child could not be trusted alone in a city where there were flowers everywhere. They pulled the plants and they despoiled the gardens. No vandal ever hit a place with heavier hand than the average city child struck a park flower bed. The fear of the police did not deter them. They had no particular thought for the reproach of their parents.

### YOUR GARDEN

By E. VAN BENTHUSSEN.

About the middle of August sow seeds of mignonette, putting four or five seeds in each pot. Cover with a thin cloth after watering well and keep the cloth moist until the seedlings appear.

Save two seedlings and keep them growing until they are six-inch pots. These should bloom all winter. Give the stakes support.

During August and September plant cyclamen seeds in shallow boxes or flats. Give them a gentle heat and a light, sandy soil. These seeds germinate slowly and when the seedlings are large enough to handle they should be transplanted to pots and placed in a bright spot away from the sun.

Be sure to sow seeds of the following perennials early this month: Foxglove, sweet william, hollyhocks, Canterbury bells, Iceland poppy, primrose, and wallflower.

All these biennials should be protected against the alternate freezing and freezing of winter. They must be transplanted to their permanent homes in September. The wallflower has protection during the winter.

### THE ANEMONE AND NARCISSI

Someone should be planted six roots to the six-inch pot and the roots ought to be covered with an inch of soil. The pots are to be kept in a cool cellar until the late fall or until early in the spring, when they are to be planted in a warm window to flower.

They may be planted in the open ground, but in this event they must have a good covering of leaves or straw.

Narcissi will do well in bowls of pebbles and water, or they may be cultivated in pots of earth or fiber dishes.

More than 70 per cent of the exports of Jamaica come to the United States.

### HEADRESSES FOR THE OPERA

white or a color, and the embroidery is done in white cotton.

The same character of suit is made with a middle shawl. This simplifies the matter of laundering them. The boundary is left out of the reckoning on these. Among the newest and most satisfactory house dresses are those made of flannel or cotton resembling it. In making these clothes, that beautiful long hair, which will last in the long run should be chosen.

Even these who have no hair for hair, and the opera always, and one might be stone deaf and still find it.

### Some New Pillows

The very latest in fancy pillows is the lower pillow. These new cushions are made of a soft and of a suitable distance resemble a huge open flower very closely. For instance, one may have a pussy-pillow made of purple and yellow satin shading from the yellow center to a almost black edge. The resemblance of petals is gained by successive rows of padding. The look of this pillow is of plain pastel-tinted satin.

A dabbler pillow is found with a delicate strand of pearls or rows of sequins or ribbons set on a background of white. It is a narrow band of brocade, dyed with silver cloth. Silver here is the upper edge, and the sequins are placed over this and sewed along the upper edge. In one of these sequins a strand of pearls is sewed over the upper edge, and the sequins are placed over the front. Pearl buttons are sewed all over its outer surface.

### Embroidered Morning Dress

Pattern for a plain skirt and jacket, furnished by any of the standard pattern companies. It is a wide cape collar and a belt with each end made of the same material as the dress. The skirt is embroidered near the bottom with occasional sprays of flowers, and this embroidery reappears on the cuffs, collars, and each edge. The jacket is laid in plaits at each side of the front and across the back. The sleeves are plain. Plain white buttons, either bone or pearl, and buttonholes are used for fastening the jacket, whether the material of the dress is with spruce or ribbons, make a background for wonderful feathers or other ornaments.

A headress of this kind is plaited here. It consists of a fan of plaited malines, set on a headband made of wire, covered with many thicknesses of malines. In front of the fan of malines a smaller fan-shaped ornament of the finest tulle is set, and bands of ribbons are slipped over the headband, at short intervals, all the way round it.

Silver cloth and silver lace make headbands that are ornamented with

# In Woman's Realm

Pretty and Sensible Morning Dress Which May Be Made of Linen, but is More Likely to Be Made of Cotton, Such as Indian Head or Some Other Suitable Weave—Pretty Head-dress for the Opera.

Here is a pretty and sensible morning dress which may be made of linen but is more likely to be made of cotton such as Indian head or some other suitable weave. For it appears that linen is wearing in price, with the good not yet in sight. There is no very good reason for preferring it to substantial and beautifully-woven cotton materials.

Now that the dresses are short and the evenings long, and while the weather out-of-doors is not inviting, springtime clothes may be got under way.

The dress shown may be cut by a



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### FALLING HAIR MEANS DANDRUFF IS ACTIVE

Thin, brittle, colorless and scraggy hair is the evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its texture, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair root to shrink, loosen and die—the hair falls out—now—any time—will surely save your hair.

Doan's Dandruff Cure of Knowlton's Get a 25-cent bottle of Knowlton's Dandruff Cure from any store, and after the first application your hair will take on its life, luster and luxuriance which is so beautiful. It will become heavy and fluffy and have the appearance of abundance; an incomparable gloss and softness—try what will give you most. It will be after just a few weeks use, when you will actually see a lot of the downy hair—new hair—growing all over the scalp. Adv.

### THE NEW METHOD

Backache of any kind is often caused by faulty posture, which means that the kidneys are not working properly. Doan's Backache Cure is a powerful remedy which acts directly on the kidneys, hence the congestion of blood causes backache in the same manner as a similar congestion in the head causes headache. You become tired, nervous, sick, have feverish, irritable, have spots appearing before the eyes, bags under the lids, and lack of ambition to do things.

The latest and most effective means of overcoming this trouble, is to eat sparingly of meat, drink plenty water, and use Doan's Backache Cure. A single American simply ask your favorite for a trial.

Simply ask your favorite for a trial. If you have indigestion, rheumatism, gout, dropsy, brain immediately use this cure.

# Female's Realm

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

### Here is Proof by Women who Know

Lydia Mass.—"For the last three years I have been troubled with the Change of Life and the bad feelings common at that time. I was in a very nervous condition, with headaches and pain a good deal of the time so I was unable to do my work. A friend asked me to try Lydia E. Pinkham's Vegetable Compound, which I did, and it has helped me in every way. I am not nearly so nervous, no headaches or pain. I must say that Lydia E. Pinkham's Vegetable Compound is the best remedy any sick woman can take."—Mrs. MARGARET QUINN, Rear 259 Worcester St., Lowell, Mass.

### She Tells Her Friends to Take Lydia E. 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 me but after a while I got bearing down pains. I called in doctors who told me to try different things, but they did not cure my pain. One day my husband came home and said, 'Why don't you try Lydia E. Pinkham's Vegetable Compound and Sensitive Wash?' Well, I got them and took about 10 bottles of the Compound, and could feel myself regaining my health. I also used Lydia E. Pinkham's Sensitive Wash and it has done me a great deal of good. Any one coming to my house who suffers from female troubles or Change of Life, I tell them to take the Pinkham Remedies. There are about 20 of us here who think the world of them."—Mrs. FLORENCE LESLIE, Box 107, North Haven, Conn.

### You are Invited to Write for Free Advice.

No other medicine has been so successful in relieving women's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.

### LANDS INDIAN IN BROADWAY

Half Starved Tramp Shod in Moccasins is Elevated to the "Movies."

A man was striding, or rather, crawling up Broadway the other afternoon, with a New York correspondent out of the Pittsburgh Dispatch. He had high cheek bones, black hair and wide nostrils. He had an avoirdupois of 140 lbs. and was turned up about his nose and held with a hand like wild cat. Three men standing at the curb saw the man and took him for a beggar. He was turned up about his nose and held with a hand like wild cat. Three men standing at the curb saw the man and took him for a beggar. He was turned up about his nose and held with a hand like wild cat. Three men standing at the curb saw the man and took him for a beggar.

### Michigan Druggist Praises FINE KIDNEY MEDICINE

Ever since your preparation has been produced on the market we have had a special order for it. We are glad to see you use it so much, very favorably regarding it. We are glad to see you use it so much, very favorably regarding it. We are glad to see you use it so much, very favorably regarding it.

### Leap Year

By the present method of reckoning time every year of which the number is divisible by four without a remainder, is leap year, excepting the centennial, or every hundredth year, which are not leap years, when divisible by four after suppressing the two eights. The year 1900 was a leap year, the years 1700, 1800 and 2000 were not leap years, but the year 2000 will be again divisible by four. From 1700 to 1900 and from 1900 to 1904 were leap years without a leap year.

### Important to Mothers

Be sure to use Doan's Backache Cure for infants and children, and see that it bears the Signature of Dr. J. C. Fletcher, Children Cry for Fletcher's Castoria.

### A Cynical Miss

She—Till we a story. He—Once upon a time before people married for money. She—Oh, that's too ancient; that must have happened before modern times were invented.—Boston Evening Transcript.

### There are about 1,300 gas plants in this country.

### LOSS OF POWER and vital force follow from the use of any of the old-fashioned blood-purifiers. Doan's Backache Cure enriches the blood, restores vitality, and builds up healthy flesh. Thin, pale, puny people become robust and strong by using Doan's Backache Cure. It is a powerful purifier of the blood, and restores vitality, and builds up healthy flesh. Thin, pale, puny people become robust and strong by using Doan's Backache Cure.

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