CONSTIPATION



Munyon's Paw-Paw Pills are unlike all other laxatives or cathartics. They coax the liver into activity by gentle methods, they do not scour; they do not gripe; they do not weaken; but they do start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and corrects constipation. Munyon's Paw-Paw Pills are a tonic to the stomach, liver and nerves. They invigorate instead of weaken; they enrich the blood instead of impoverishing it; they enable the stomach to get all the nourishment from food that is put into it. Price 25 cents. All Druggists.

FREE TO ALL SUFFERERS

If you feel "out of sorts"—"run down" or "got the blues," suffer from kidney, bladder, nervous diseases, chronic weaknesses, ulcers, skin eruptions, piles, &c., write for my FREE book. It is the most instructive medical book ever written. It tells all about these diseases and the remarkable cures effected by the New French Remedy "THERAPION" No. 1, No. 2, No. 3 and you can decide for yourself if it is the remedy for your ailment. Don't send a cent. It's absolutely FREE. No "follow-up" circulars. Dr. LeClerc Med. Co., Haverstock Rd., Hampstead, London, Eng.



PARKER'S HAIR BALSAM
Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Fails to Restore Gray Hair to its Youthful Color. Prevents hair falling. 50c. and $1.00 at Druggists.

GRAY OR ANY COLOR HAIR, changed to natural dark. Sample bottle free. TOILINE MFG. CO., Dept. 2, Des Moines, Iowa

CANDY Strictly pure, fine, fresh candy 50c a pound prepaid anywhere in U. S. Guaranteed. A. S. Ludtke, Confectioner, Box 308, Palacios, Tex.

Pettit's Eye Salve FOR WEAK SORE EYES

W. N. U., BALTIMORE, NO. 7-1913.

The love of money is the easiest of all roots to cultivate.

Only One "BROMO QUININE"
That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Cures a Cold in One Day, Cures Grip in Two Days. 25c.

Evidently Was.

"Are you fond of a joke?"

"Is this a proposal?"

For SUMMER HEADACHES
Hicks' CAPUDINE is the best remedy—no matter what causes them—whether from the heat, sitting in draughts, feverish condition, etc. 10c., 25c and 50c per bottle at medicine stores. Adv.

Agreeing With Her.

"I was a fool when I married you!"

"Yes, and you married a fool!"

TO DRIVE OUT MALARIA AND BUILD UP THE SYSTEM
Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking. The formula is plainly printed on every bottle, showing it is simply Quinine and Iron in a tasteless form, and the most effectual form. For grown people and children. 50 cents.

Too Hasty.

"Diggs can dash off epigrams without a moment's thought."

"That's just the way they sound."

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 Chas. H. Fletcher

In Use For Over 30 Years.

Children Cry for Fletcher's Castoria

Evening Matters Up.

Mrs. Marsh took a bite of the cake, and laid it down hastily.

"Norah," she said, "did you follow the receipt, or do as you usually do and guess?"

"Sure, mum, I followed the receipt, only I put in six eggs instead of four, because two was bad, and I wanted to even 'em up."—Youth's Companion.

Knew It All.

An old but sturdy Irishman, who had made a reputation as a gang boss, was given a job with a railroad construction company at Port-au-Prince, Haiti. One day, when the sun was hotter than usual, his gang of black Haitians began to shirk, and as the chief engineer rode up on his horse the Irishman was heard to shout:

"Allez—you sons of guns—allez!" Then turning to the engineer, he said: "I curse the day I iver learned their language."

Occasional Visitor.

A notable housekeeper of the past generation, before the days of screens, had just announced with decision that she never had any flies.

"But, Aunt Augusta," faltered the timid visitor, "it seems to me that I saw a few in the dining-room."

"Oh, those," replied her aunt, with a majestic wave of the hand, "were the neighbors' flies. They will come in occasionally. But I was saying, we never have any of our own."—Youth's Companion.

A DIFFERENCE.
It Paid This Man to Change Food.

"What is called 'good living' eventually brought me to a condition quite the reverse of good health,' writes a N. Y. merchant.

"Improper eating told on me till my stomach became so weak that food nauseated me, even the lightest and simplest lunch, and I was much depressed after a night of uneasy slumber, unfitting me for business.

"This condition was discouraging, as I could find no way to improve it. Then I saw the advertisement of Grape-Nuts food, and decided to try it, and became delighted with the result.

"For the past three years I have used Grape-Nuts and nothing else for my breakfast and for lunch before retiring. It speedily set my stomach right and I congratulate myself that I have regained my health. There is no greater comfort for a tired man than a lunch of Grape-Nuts. It insures restful sleep, and an awakening in the morning with a feeling of buoyant courage and hopefulness.

"Grape-Nuts has been a boon to my whole family. It has made of our 2-year-old boy, who used to be unable to digest much of anything, a robust, healthy, little rascal weighing 32 pounds. Mankind certainly owes a debt of gratitude to the expert who invented this perfect food." Name given by Postum Co., Battle Creek, Mich. "There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest. Adv.

The WASHINGTON NATIONAL MONUMENT



TO no one of the world's heroes, probably, have more monuments, statues and other enduring tributes been erected than to him who was so aptly designated "First in war, first in peace and first in the hearts of his countrymen." Easily the most important and most imposing of all the memorials existing or projected is the Washington national monument, that simple and stately white shaft that rises on the banks of the Potomac river at Washington and affords from its top the most magnificent view of the beautiful capital city which Washington founded and which bears his name. Yet few of the persons who gaze in this twentieth century upon what has been denominated a "poem in marble" pause to consider how long this monument was in building and by how narrow a margin of chance a national tribute missed being a national disgrace.

The towering shaft that so ably typifies Washington's simplicity and strength of character was in the making for nigh a quarter of a century. Not that work was continuous over that protracted interval, but that such a span of years intervened between the inception and completion of the work due to a long suspension of activities owing to lack of funds. The whole project of providing what is accounted the nation's monument to Washington was a long-drawn-out undertaking, but this seeming tardiness of action has been atoned for by the beauty of the structure, which has few rivals in height, save some of the newer skyscrapers in New York, and which is so jealously guarded by a proud people that congress not so very long ago felt compelled to refuse the request of the navy department that permission be granted to establish a wireless telegraph station at the top of the monument, as has been done on the Eiffel Tower in Paris.

The project to provide a tribute to George Washington at the seat of government dates from the year 1783, when the Continental congress voted to erect an equestrian statue and, oddly enough, selected for its site the very location that is now occupied by the national monument. However, the project progressed no further and there was no further action until Washington died at the end of the century, when congress passed another resolution for a monument—this bill providing for a testimonial in marble or granite beneath which should repose the remains of the nation's greatest hero. Here, however, the widow of General Washington interposed with her very natural preference that the body should rest at mount Vernon, and accordingly the whole project again lapsed until 1823, when a number of patriotic citizens of Washington formed an organization known as the Washington Monument association and undertook to revive interest in the undertaking.

The scheme was to provide funds by popular subscription for erecting a monument and this canvass was pursued more or less energetically, but it was not until 1848, when a total of $87,000 had been collected, that the officials of the organization considered that the funds in hand justified the commencement of actual work. The corner-stone was laid with due ceremony and the work went forward for some years, but additional subscriptions did not come in at a very lively rate and finally work had to be suspended for lack of funds. Thus the partially completed obelisk—a "stump" of a monument it was termed—stood during all the years intervening between 1858 and 1880 until congress finally took up the matter and appropriated funds to finish the gigantic shaft.

However, it was not merely a case of providing money to carry out the work already started. The United States army engineers who were put in charge when the national legislature took a hand in the matter speedily discovered that the original foundation provided for the monument was hopelessly inadequate, considering the height and weight of the mass which it was proposed to place on it. Thereupon they set about a mighty ticklish engineering project—nothing less than the provision of a new or rather an enlarged foundation for the monument. Of course, the perplexing part of it was that the new foundation had to be slipped under the great mass of stone as it stood, for, naturally, there were many objections to consuming time and money in tearing down the monument and re-erecting it.

The engineers dug out at the corners and sides of the monument as much as they dared of the old foundation, meanwhile supporting the partially undermined structure by means of beams and braces of various kinds. All the stone thus removed was replaced with concrete and the concrete foundation was also extended in every direction beyond the base lines of the monument and beyond the limitations of the original inadequate foundation. To what an extent the resting place of the shaft was expanded may be surmised from the fact that the original foundation had an area of only 6,400 square feet, whereas the enlarged foundation covered 16,000 square feet, in addition to being of better material. Indeed, the new footing of monolithic concrete is in effect a single block of solid stone.

With the new foundation in place the erection of the shaft went on apace and the task was finally completed in December, 1884, the dedication of the completed monument taking place in the following February—the month that holds the anniversary of Washington's birthday. The Washington national monument is, in horizontal section, a square within a square, whereas the structure might be described as an iron tower within a marble tower, the former being securely fastened to the latter by means of iron, which takes the form of a staircase that may be used by visitors who do not prefer to patronize the elevator.

The walls of the monument, which are fifteen feet in thickness at the base and decrease to a thickness of only eighteen inches at the top, comprise a grand total of twenty-three thousand stones, many of these stones having been contributed by states of the Union, by foreign powers and by municipal, civic and other organizations. There are, all told, about one hundred and seventy-six carved memorials of stone and marble embedded in the walls, but such testimonials could not, from the very character of the structure, be effectually guarded after the monument was completed and more than one-fourth of the total number have been more or less marred and damaged by vandals and relic hunters. An especial target for such souvenir hunting was found in the projecting pieces of carved stone such as originally appeared in the representations of state seals or coats-of-arms, and almost every one of these details is missing.

The nation's monument, which is so vast in size that an army of twelve thousand men might be comfortably housed in its interior, weighs more than eighty-one thousand tons. Engineers declare that it is one of the very few actually and absolutely fireproof structures in the United States, and although cracks have from time to time appeared in the walls, it is the popular belief that nothing short of a severe earthquake could destroy the shaft. It has been repeatedly struck by lightning and such visitations have no terrors for the obelisk, thanks to the forethought of the builders in providing an ingenious system of electric conductors. The keynote of the scheme is found in a small pyramid of aluminum, weighing about one hundred ounces, which crowns the capstone of the monument. This metal headpiece is connected with rods that descend six hundred feet to a well sunk to a considerable depth below the level of the earth. The monument has been visited by as many as five electric bolts within an interval of twenty minutes, but the worst damage ever done was the cracking of one of the stones near the top.

The shaft that rises from the gentle slope between the White House and the Potomac cost the nation about $1,300,000, nearly $100,000 having been expended upon the new foundation alone. The present upkeep of the monument involves no great expense. The elevator which carries to the top of the monument those visitors who do not care to climb the 900 steps makes a trip every half hour (although but seven minutes is required for the ascent of 500 feet), and will accommodate thirty persons. Looking out from the windows at the top of the monument, 517 feet above ground, the visitors behold a wonderful panorama extending fifteen to twenty miles in every direction. On clear days it is sometimes possible to discern the Blue Ridge mountains, sixty miles away.

HOW TO TELL FORTUNES

One Formula Can Be Made to Fit Almost Everybody.

The way to tell people's fortunes is to have one list of characteristics and to use it for every one without the slightest variation. It is bound to succeed. For instance, supposing Falstaff and Hamlet had their fortunes told by the same soothsayer. I imagine he would have told Hamlet's character as follows, Maurice Baring writes in the Metropolitan:

"You are not so fortunate as you seem. You have a great deal of sense, but more sense than knowledge. You can give admirable advice to other people. Your judgment is excellent as regards others, but bad as regards yourself. You never value your own good advice. You are fond of your friends. You prefer talk to action. You suffer from indecision. You are fond of the stage. You are susceptible to female beauty. You are witty, amiable and well educated, but you like coarse jokes. You are superstitious and believe in ghosts. You can make people laugh. You often pretend to be more foolish than you are. At other times you will surprise people by your power of apt repartee. Your bane will be your inclination to fat, which will hamper you in fighting. You are unsuccessful as a soldier, but unrivaled as a companion and philosopher. You will mix in high society, have friends at court. You will come off badly in personal encounter, and your final enemy will be a king."

Now imagine him saying exactly the same thing to Falstaff. Doesn't it fit him just as well? Can't you imagine Falstaff saying: "He has hit me off to a T." and Hamlet murmuring, "My prophetic soul!" In fact, I believe fortune telling, after that of medicine, to be the finest profession in the world and the easiest.

A Serious One.

"I understand our Micawber friend had an operation performed. Was it serious?"

"Very serious. He had a prospective job cut out of his mind's eye."

HOUSES FOR SMALL FAMILIES

Apartments in One-Story Structure Built in Mission Style Is Something New.

Apartment houses only one story high have been evolved by an architect of Sierra Madre, Cal., after the Spanish mission style, says Popular Mechanics. The cottages or apartments are built on the north and west sides of a town block, leaving the south and east sides open for the sun to reach each cottage and allow the residents an outlook on a green terraced lawn. Designed for small families, each apartment consists of only three rooms with an entrance loggia, which can be used for a sleeping porch or a sitting room. While they all join in one long, rambling structure the individual apartments are so cleverly constructed that they give no less privacy than a cottage in a well built up neighborhood. Each family has its own well defined bit of garden and walk, which merge harmoniously into the larger lawn.

Hopeful Youth.

Little Marjorie Louise leaned on her grandmamma's knee and gazed into space with a particularly soulful expression.

"Oh, grandmother," she burst out, suddenly, "I just long to grow up and be a big lady and have corns!"

Gasoline Grammar.

To what extent the automobile has invaded the preparatory school may be judged from the following occurrence:

Teacher (to beginners' class in Latin)—Can any of you boys give the rules for accentuation of Latin words?

Only one hand was raised.

"Well, Tenny, what are the rules?"

"Words of two cylinders accent the first cylinder, and words of three cylinders accent on the antepenult."—Life.

THE KITCHEN CABINET



BE RIGHT, tho' pain and anguish be thy lot,
Thy tears will cheer thee, when the pain's forgot.
He wrong for pleasure's sake, then count thy gains,
The pleasure soon departs, the sin remains.
—Bishop Shuttleworth.

COMPANY DISHES.

When entertaining company, a few choice dishes are always appreciated. Fancy cookery is nothing but plain cooking with a few frills.

Creamed Oysters in Loaf.—Cream oysters as usual and serve them in a baker's loaf. Remove the top with a nice, clean cut and scoop out the center of the loaf, leaving a framework, butter well on the inside and brown in the oven. Fill with creamed oysters and serve on a bed of lettuce leaves.

Creamed sweetbreads, or mushrooms are equally good served in this way.

Macedoine Salad.—Season with French dressing a cup of diced potatoes, carrots, peas and string beans, all cooked. Arrange on lettuce leaves in four sections. Heap a teaspoonful of boiled dressing on each; garnish with hard cooked eggs and parsley.

Ice Cream in Case.—Bake angel food in a round tin; when cold cut out the center, leaving a shell thick enough to hold vanilla ice cream; cover with whipped cream and serve at once.

Braised Tongue.—Cook a beef tongue slowly for two hours, then skin it and put it into a casserole. Melt three tablespoonfuls of butter, add three of flour and cook well; add a pint of water in which the tongue has cooked, a pint of stewed and strained tomatoes. Heat until smooth and thick, add half a carrot cut fine, one chopped onion, half a tablespoonful of Worcestershire sauce, a few dashes of red pepper and the tongue. Cover and simmer for two hours. Serve from the casserole.



"A GRINDSTONE that had not the grit in it, how long would it take to sharpen an ax? And affairs that had not grit in them, how long would they take to make a man?"
—H. W. Beecher.

A SYMPOSIUM OF SALADS.

"There is nothing new under the sun," which is true of salads; yet we may rearrange and garnish combinations so that they appear quite new.

Celery Salad.—Cut celery up into inch pieces and split each piece; rub dry in a towel and set on ice. Prepare a small cup of walnut meats, two heaping tablespoonfuls of chopped olives, and a cup of stiff mayonnaise. Just before serving mix all together, put into a salad bowl with the white leaves of the celery around the edge. Chill the bowl and serve at once.

Pear Salad.—Drain the sirup from a can of pears that have been put up whole and not too sweet; lay in a dish and pour French dressing over them, using three tablespoonfuls of the best olive oil and a tablespoonful of vinegar, half a teaspoonful of salt and a few dashes of cayenne pepper. Cut cubes of cream cheese and serve on lettuce leaves with the pears.

String Bean Salad.—Drain a can of yellow wax beans, stand on ice, then lay on lettuce leaves with hard-cooked eggs and boiled dressing.

Cabbage Salad With Pimientoes.—Shred cabbage and mix with boiled dressing. Add a handful of almonds, cut fine, and a few chopped, canned red peppers. The peppers, cut in strips, may be used as a garnish.

Chestnuts, cooked until soft and mixed with celery and a little apple, makes a fine combination as a salad. Use either boiled or mayonnaise dressing.

Nellie Maxwell.

Jap Dentist.

A common sight in a London street is an advertisement for So-and-So's painless extractions for a shilling a tooth.

In Japan, however, the native dentists conduct their business in a manner which would cause the European practitioner to open his eyes.

Should you be an unfortunate victim to toothache in this Eastern land, you are seated on the ground and the dentist places his left hand in your mouth in such a way that it cannot be shut. Then he seizes the offending tooth between his forefinger and thumb, and, with a sharp tug, it is deftly removed. So great is the skill of these professors that they can remove seven or eight teeth in a minute.

Think of Others.

We can only have the highest happiness, such as goes along with being a great man, by having wide thoughts, and as much feeling for the rest of the world as for ourselves.—George Eliot.

To Remove Iodine Stains.

If iodine is spilled on linen or cotton, pour boiling hot starch over the stain. Repeat this twice within an hour and the stain will disappear. This will remove nearly all kinds of ink stains also.

Domestic Felicity.

Wife—"Why did you tell the Batsons that you married me because I was such a good cook, when you know I can't even boil an egg?" Hubby—"I had to make some excuse, my dear, and I didn't know what else to say."
—London Opinion.

Degrees of Suffering.

Imaginative suffering is very real, because all suffering comes from the mind. Some of it originates there, while some of it is produced by reflex in the body.

HAVE YOU TRIED THIS?
Simple Prescription Said to Work Wonders for Rheumatism.

This has been well known to the best doctors for years as the quickest and most reliable cure obtainable for rheumatism and backache. It has been published here for several winters and hundreds of the worst cases cured by it in a short time. "Prom your druggist get one ounce of Toris compound (in original sealed package) and one ounce of syrup of Sarsaparilla compound. Take these two ingredients home and put them into a half pint of good whiskey. Shake the bottle and take a tablespoonful before each meal and at bedtime." Results come the first day. If your druggist does not have Toris Compound in stock he will get it in a few hours from his wholesale house. Don't be influenced to take some patent medicine instead of this, insist on having the genuine Toris compound in the original, one-ounce, sealed, yellow package. Published by the Globe Pharmaceutical laboratories of Chicago.

PAWNED.



Teddy—Where's that watch your father gave you?

Billy—"Uncle" has it now.

ECZEMA BEGAN BY ITCHING

Goldsboro, N. C.—"My daughter suffered from eczema. The trouble began in the ears by itching and running water, and later it formed pus and became very offensive. She began to scratch it and it went into sores. When the scabs came off there was a yellowish watery discharge. The outside of the ear was one solid sore. She tried several different remedies but received no relief. She had been troubled with it between one and two years when she finally began using Cuticura Soap and Cuticura Ointment.

"She had not made but two treatments when all the scabs came off and the flesh just looked very red and dry. She kept up the treatment four to five weeks and she was entirely cured. It also cured other sores on the children, especially chapped feet on one of the little boys." (Signed) Mrs. W. H. Edgerton, Jan. 24, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

Jumped the Track.

"And Zens turned Niobe into a stone."

"Did they have motor cars in those days, dad?"

Dr. Pierce's Pleasant Pellets first put up 40 years ago. They regulate and invigorate stomach, liver and bowels. Sugar-coated tiny granules. Adv.

When you have a lawsuit to lose you can afford to hire a cheap lawyer.

Backache Is a Warning



Thousands suffer kidney ills unawares—not knowing that the backache, headaches, and dull, nervous, dizzy, all tired condition are often due to kidney weakness alone.

Anybody who suffers constantly from backache should suspect the kidneys. Some irregularity of the secretions may give just the needed proof.

Doan's Kidney Pills have been curing backache and sick kidneys for over fifty years.

"Every Picture Tells a Story"

A South Carolina Case

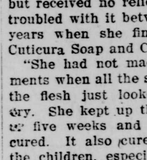
Mrs. Mary West, Spartanburg, S. C., says: "I was so run down with my back I couldn't get about. My appetite became poor and I felt all worn out and discouraged. Doan's Kidney Pills put me in good shape and I now feel better than before in years."

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FOR SALE—291 A. NEAR PETERSBURG, Chesterfield Co., Va.; 160 a. cult., one 10 and one 8 r. house, 4 barns, outbldgs., 4 a. orch., stock, mach. J. H. Werres, Ettricks, Va.

Your Life Revealed. New system astonishes all. Send birth-date, place, hour. Enclose 10c. Satisfaction guarant'd. R. H. Bradley, Dp. L. P., 15 Vicarage Gate, Kensington, London, Eng.

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