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.



MOTHER GRAY'S SWEET POWDERS FOR CHILDREN
Relieve Feverishness, Constipation, Colds and correct disorders of the stomach and bowels. *Used by Mothers for 22 years.* At all Druggists 25c. Sample mailed FREE. Address A. S. Olmsted, Le Roy, N. Y.
TRADE MARK.



DROPSY TREATED. Give quick relief, usually remove swelling and short breath in a few days and entire relief in 15-45 days, trial treatment FREE. DR. GREEN'S SONS, Box A, Atlanta, Ga.

Pettit's Eye Salve QUICK RELIEF EYE TROUBLES

Many a great man has exclusive knowledge of the fact.

ITCH Relieved in 30 Minutes.
Woolford's Sanitary Lotion for all kinds of contagious itch. At Druggists. Adv.

If some men were compelled to pay as they go they would never get started.

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.

When a man begins to think of getting married he never figures on a church wedding.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle. Adv

Its Style.

"The child actress in that piece has a part which fits her like a glove."

"Yes, so to speak, a kid glove."

Not in Sight.

Hokus—"Do you think we shall ever have universal peace?" Pokus—"Not so long as women continue to play bridge for stakes."

Some Measure of Love Important.

It is best to love wisely, no doubt; but to love foolishly is better than not to be able to love at all.—Thackeray.

His Limit.

Bridegroom—My darling, I feel now I will be the better man.

Bride—But you can't be the best man.

Crusty.

"Your hair is falling out," said the barber.

"Yes," replied the crusty customer. "You see my skull is so hard that it can't fall in."

Not Informed.

"What do you think of the war?"

"What war?"

"The war in Tripoli."

"I really can't say. I haven't seen any of the films."

Awful Blow.

"Yes," said Slithers, "Mickey was my dearest friend, and I shall never cease to mourn his death. It was a terrible blow from which I shall never recover."

"Why—I thought you married his widow?" said Jimpson.

"Why—er—ahem!—why, yes, I did; but—"

Here Slithers subsided into a deep and uncomfortable silence.—Harper's Weekly.

Automobile Aroma.

Farmer Hiram was mending the front fence when an automobile whizzed past, emitting a trail of blue smoke from its oil-choked engine.

Farmer Hiram's hand went to his nose. When the car had disappeared far down the lane and the smell had died away he ventured to address the hired man.

"Sam," he said, "they may be swell city fellers an' all that; but they certainly was smokin' some vile seegars."

Ready Cooked Meals

are rapidly growing in popular favor.

Post Toasties

served either with cream or good milk, or preserved fruit, make a most appetizing dish for breakfast, dinner, or supper.

These delicious toasted flaky bits of white corn have a delicate taste that is very pleasing at this time of year.

Post Toasties are economical, make less work for the busy housewife and please everyone at the table.

"The Memory Lingers"

Sold by Grocers everywhere

Postum Cereal Co., Ltd., Battle Creek, Mich.

ENCOURAGE CHILDREN TO GROW FLOWERS FOR PLEASURE AS WELL AS FOR PROFIT

When Piece of Ground Is Given to Boy or Girl It Should Be With Understanding That It Will Be Necessary for Them to Take Care of It—Use Care in Selecting Seeds.

I am a thorough believer in training children to think "they amount to something" by giving them something to do that involves responsibility. Don't make the task too hard, for if you do that you defeat the object at which you aim, but let it be one that obliges the child to think something out for himself. When he does this once he has laid the foundation for a habit of "thinking out things," and before long you will find him depending upon himself, rather than upon you, in the solution of many little problems that he has to face. A child likes to feel that others think him equal to the performance of tasks that are put before him, and, feeling this, he will respond nobly to the estimate you have of his ability if you give him to understand that it exists. Don't take it for granted that a boy knows all about what you think of him unless you tell him something about it. Take him into your confidence, and let him know that you consider him a man in the making, and you'll be surprised at the effect it has on him.

"But that's another story," as Kipling says. What I set out to talk about was the advisability of giving the children a garden of their own to work in, and showing them how to do that work. A child is an imitative creature, and the lessons he gets the greatest amount of benefit from are object lessons, always. Spade up a bit of ground and let him see you do it, and he will do the same thing precisely as you did it, so far as his strength will admit of it. But don't spade the ground without telling him why you do it. Give a reason for all you do. And do not get impatient over the questions he asks. That's how he is to learn things.

When you give a bit of ground to boy or girl, as a garden, give them to understand that in order to make it "their very own" it will be necessary for them to take care of it, and you will find them very enthusiastic over the undertaking. But don't let their enthusiasm get the better of your judgment and result in giving them more of a garden than they can care for well. Impress upon them that a little work done well is a good deal better than a larger amount of work poorly done.

Spading the ground and working it over and over to make it mellow will be play to a healthy boy or girl. About all you will have to do in their garden is to direct matters. Show them how to do things, but, after that leave the doing of them to the children.

In selecting seeds for the children's flower garden take care to choose only kinds which do not require coaxing or expert attention. Get the kinds that will be most likely to give good results, under the conditions they must face. Kinds which would give only indifferent satisfaction are not what you want, for these would disappoint the amateur gardeners, who, naturally, expect great results from their early efforts in the cultivation of the soil. Strong, sturdy, self-reliant sorts are the ones to grow. Here is a list to choose from:

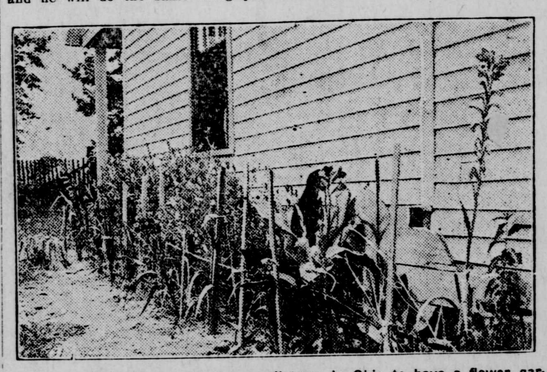
Centaurea, or "Bachelor's Button."	
Four-o'clock	Nasturtium
Candytuft	Marigold
Calliopsis	Larkspur
Petunia	Morning Glory
Aster	Portulacca
Phlox	

There you have a round dozen of kinds, all good, all pretty, all easy to grow. I would not advise attempting to grow all of them in one garden, but parcel them out among the children, if there are several in the family, or get only a few kinds, if there is but one child to take care of them. Confining the selection to a few varieties encourages the beginner to concentrate his energies rather than spread them out indiscriminately.

Insist that the ground shall be kept free from weeds, and insist, also, that the plants in it shall receive daily attention. There may not be much work to do in it every day, but the habit should be formed of looking after it.

Such an idea is not at all in harmony with what we set out to teach when we set the children to gardening. For the important thing about it is not so much the garden that results as it is the knowledge of how to do things that grows out of the work that is undertaken.

Encourage the children to share the flowers they grow with those who love flowers but have none of their own. Let them bring some of them to the Sunday school and the church, and be sure to have them remember the shut-ins, and the sick. This will help them form a habit of thoughtfulness for others, and the pleasure that grows out of these little acts will be strong encouragement for more extensive gardening operations another season.



First effort of a young girl in a small town in Ohio to have a flower garden. Her selection is not the best but her love of beauty prompted her to choose large leaf and quick growing plants to hide the ugly side wall of the house. Children of this kind are hungry for intelligent direction in gardening and should be encouraged.

FATTEN POULTRY FOR THE MARKET

Fowls Should Be in Good Health, of Large Size and Nice Appearance.

(By N. E. CHAPMAN, Poultry Specialist, Minnesota Agricultural College.)

Poultry marketed from the farm consists of cockerels, or males under one year roosters, pullets culled from standard-bred stock, hens, guineas, doves, ducks, geese and turkeys. They are generally sold alive in summer and early autumn and both live and dressed in late autumn and winter.

To bring the highest market price, market poultry, whether alive or dressed, should be in good health, of large size and well fattened. The laws of Minnesota make it an offense punishable by a fine of not less than $50, or imprisonment in jail for not less than sixty days, for selling, or offering for sale, sick, diseased or decaying poultry. Disease is usually disclosed by a white or black comb and a stilted walk.

All poultry marketed should be fat. This condition is the chief factor in determining the price per pound. Fat old hens, of whatever weight, often command a higher price than young, tender spring chickens. Chickens fattened with ground grains and skim milk or buttermilk are called "milk-fed chickens," and command fancy prices. At the Crookston station, Barred Plymouth Rock cockerels, 3½ months old, gained two pounds in twenty-one days at a cost of less than five cents per pound gain.

Prize Hereford Steer.

The grade Hereford yearling steer, which won the first prize at the International Live Stock show last year, and recently won the grand champion prize of the Interstate Live Stock show at Missouri, was raised by the Missouri college of agriculture.

Profitable Business.

Farmers in the vicinity of Chicago are buying mules in the stock yards and fattening them to be sold in time for the spring work. This is said to be a most profitable business.

LITTLE THINGS TO DO IN AN ORCHARD

Cleaning Up and Moderate Pruning Makes Work Much Easier in the Spring.

Peach trees under four years old which are so badly frozen as to show discolored wood must be cut off below the snow line and allowed to sprout again.

Very often trees that have passed through a hard winter show no indications of freezing in the bark, but an examination may show that the wood is injured.

An orchard on high ground should always be protected by a wind break of other trees planted on the north side.

Norway Spruce, Scotch and Austrian Pine, planted about 15 feet apart make excellent wind breaks.

Cleaning up the orchard and moderate pruning now will make the work much easier in the spring.

Now is the time to romeve all dead branches and those that are weak, and which interefere with other healthy branches.

Do not allow sheep to run in the young orchard. They are very apt to nibble the tender sprouts and even bark the trees.

A few years ago eastern peach growers extensively tried out the use of crude petroleum as an insecticide. But while it kills the bugs it often causes great injury to the trees.

If used at all, it should be applied in the late fall or very early spring and never during hot weather.

Many orchardists claim that well grown two-year-old trees are better than older ones.

No orchard will continue to bear fruit for many years if the ground is sod-bound. The roots must have air and moisture.

Pruning Grape Vines.

Prune the grape vines in the winter time. They are bare of leaves then and one can see what is to be done, and, besides, there is more time for the work than at any other season. Never prune after the sap has started in the spring.

THE KITCHEN CABINET



CHOOSE your friends wisely,
Test your friends well;
True friends, like rarest gems,
Prove hard to tell.
Winter him, summer him,
Know your friend well.

Who dare deny the truth, there's poetry in pie. —Longfellow.

PIE, THE GREAT AMERICAN DESSERT.

Pie crust is condemned as indigestible, owing in a great measure to the finished product. The materials, if rightly handled and baked, are not such a menace to the digestive powers as we are led to suppose. A light, flaky crust well baked and well masticated, is not unwholesome, if eaten not too frequently or in too large quantities. At any rate, bad or good, people will have pie, so let us make them as perfectly as possible.

The proportions for a medium rich crust are one and a half cups of flour to six tablespoonfuls of lard, a teaspoonful of salt and as little cold water as possible when mixing. Handle quickly, always rolling the crust from you.

Orange Cream Pie.—Beat together two egg yolks and a half cup of sugar, add two tablespoonfuls of flour and one of cornstarch; cook in a pint of milk, cool and flavor with orange rind or extract, and pour into a baked crust. Beat the whites stiff, add three tablespoonfuls of sugar and spread over the top. Bake until the meringue is brown. The mixture must be well cooked with the cornstarch before the yolks of the eggs are added.

Chocolate Pie.—Melt two squares of chocolate, add a half cup of sugar, four tablespoonfuls of cornstarch, three egg yolks, salt, vanilla. Cook all together except the egg yolks and vanilla. A pint of milk is added, then when the cornstarch is cooked stir in the eggs and cool. Flavor, pour into a baked crust and cover with a meringue made of the egg whites.



DO NOT be troubled because you have not great virtues. God made a million spears of grass where he made one tree.

The earth is fringed and carpeted not with forests, but with grasses.

Only have enough of the little virtues and common fidelities and you need not mourn because you are neither a hero nor a saint. —Henry Ward Beecher.

SMALL CHOCOLATE CAKES.

These small cakes are nice to serve for afternoon teas or receptions:

Chocolate Dominoes.—Mix together a half cupful each of chopped walnut meats and figs, add a half cup of pounded almonds and the rind of an orange, a pinch of salt and orange juice to make of a consistency to spread. Knead on a sugared board, cut in domino shape, coat with melted chocolate and decorate with pieces of almonds to simulate the dots on the dominoes.

Chocolate Angelettes.—Beat the whites of four eggs, add a half teaspoonful of cream of tartar, a half cup of sugar, pinch of salt. Beat and fold in a fourth of a cup of flour, four tablespoonfuls of grated chocolate, a teaspoonful of vanilla, drop on a buttered sheet in spoonfuls, sprinkle with powered sugar and bake in a moderate oven.

Brownies.—Cream a cup of butter, add a cup of sugar, two squares of chocolate, two eggs, and a half cup each of chopped nuts and flour, with a pinch of salt. Spread on buttered sheets and bake fifteen minutes. Cut in squares as soon as baked.

Chocolate Cakes.—Cream two tablespoonfuls of butter, add a cup of sugar and half a cup of water, two beaten eggs, four tablespoonfuls of grated chocolate, pinch of salt, one and a half cups of flour sifted with a teaspoonful of baking powder. Melt the chocolate over hot water and flavor with vanilla. Bake in patty pans in a moderate oven.

Nellie Maxwell

Good Scheme.

"My barber always insists on singeing my hair."

"Why don't you wear a celluloid collar sometime and surprise him?"

Such a Mad Wag.

He—Ever notice what a heavy face Mrs. Strongmind has?

She—Yes; what a thump there'd be if her countenance fell.

Ruling Passion.

First Messenger Boy—I had to take a pretty tough wire up to that Gildey girl on de ave dis morning'. Railway smash an' a lot of her folks badly hurt. She made me stay fer de reply while she read it.

Second Messenger—Did she faint?

"Nope."

"Scream?"

"Nope."

"What did she say?"

"She said: 'What do you know about that?'"

New Name for It.

A lady living in Dorchester recently left her new Irish maid in charge of the house while she went shopping. Among her purchases was an umbrella stand for the vestibule. After her shopping tour she paid a visit to a friend and did not arrive home until late.

"Well, Mary," she said, "did any packages come?"

"Yes, mum," was the reply, "The wagon cum wi th' cuspidore for th' umbrellas."—Boston Transcript.

Prospective Customer.

Small girl—Teacher, did you say the lord makes babies, too?

Sunday school teacher—Yes, indeed.

Small girl—About how much does he charge for one, 'cause I want a baby brother awful bad.

HANDS ITCHED AND BURNED

Warrenton, Va.—"My little girl was troubled with eczema for three years. Her hands burned and itched and looked as if they were scalded. She could not sleep at night; I had to be up all night to keep her hands in warm water. She rubbed her hands and large white blisters came full of yellow water. Then sores came and yellow corruption formed. She could not take hold of anything with her hands. I used an ointment and tried a treatment, but nothing did her any good, so I got some Cuticura Soap and Ointment. After bathing her hands with the Cuticura Soap and applying the Cuticura Ointment I was astonished to see the great relief, and Cuticura Soap and Cuticura Ointment cured her hands in three weeks." (Signed) Mrs. John W. Wines, Mar. 8, 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.

He Is Still Single.

"You are the first girl I have ever loved."

"And you'd be the last man I'd ever love."

Plants Need Nourishment.

A German investigator has discovered that plants resist cold best when they are given special nourishment to keep them warm. For instance, to feed a plant sugar stimulates its power of resisting low temperature, much as like food acts upon animals, though in less marked degree.

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

There Are Others.

"What are the principal activities of the official position our friend occupies?"

"Those involved in holding on to it," replied Senator Sorghum.

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.

Has To.

"Do you really believe in this home rule business?"

"Of course I do. Ain't I married?"

PILES CURED IN 6 TO 14 DAYS
Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 50c.

Figuratively speaking, a man and his wife are one, but the figures on the grocery bill are apt to disprove it.

BUY FOLEY'S HONEY AND TAR COMPOUND U.S.E.
STOPS COUGHS - CURES COLDS
Contains No Opiates Is Safe For Children



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.

HOME WORK
Mail Circulars for others; plan 25c. Name Collecting, how to obtain, where to sell, what to charge, plan 25c. How to get the position you want, full instructions 25c. Get a big mail, send 25c for postage. All 4 for 50c. CATAWBA MERCANTILE AGENCY, Yorkville, S. C.

PU-RE-ZO The modern method of washing. No rubbing. Sanitary. Saves work and clothes. Send 10c today for enough to do SIX BIG WASHINGS. We include our steady money income offer. THE PUREZO CO., URBANA, ILLINOIS

ABSOLUTELY Free. Boys and Girls get watches, skates, dolls, air rifles, etc., for only a few hours' work; write today. Acme Supply Co., Dover, Mo.

Pecan Orchards—Most profitable investment. Investments return life-long dividends. Inc. $300,000 capital. Stock for sale. Georgia State Pecan Co., Box 513, Valdosta, Ga.

If interested in good farms, timber and cut-over land, business opportunities and investments, where crop failure is unknown, write J. L. Russell, Blytheville, Ark.

LADIES This is Worth 50c to You. Comfort Shoes by mail. For measure, catalog and factory price, write G. F. HEDLUND, Box 4656, Lynn, Mass.

WRITE Moving Picture Plots and make $25 to $40 a week. Easy if you know how. Particulars free. Motion Picture Bureau, Box 1228, Los Angeles, Cal.

BRONZED—Name and number plates, aluminum, handsomely engraved, weather-proof, never tarnish; 6 styles lettering. Write Lund Co., Box 844, Butler, Pa.

FREE to Boys and Girls for few hours easy work. Watches, Skates, Dolls, Air-Rifles. Write Acme Premium Co., B 5, Carthage, Mo.

Don't Let Catarrh Get the Best of You

If you have catarrh and are neglecting it—you are doing a great wrong to yourself. In time it will undermine your whole constitution. You cannot begin too soon the work of shaking it off. Doesn't require any great effort. Begin today.



"I Feel Like a New Woman"
MRS. DENJ. BLAKE, of Fort Dever, Ont., Box 88, writes: "I have been a great sufferer for years from throat trouble, catarrh, indigestion, female troubles, bloating, constipation and nervousness—at times I would be in bed, then able to be up again. Was under many different doctors' care, and would get better for a little while, then I would go down with chronic inflammation all through me. For nineteen years I had this poison in my blood. After trying nearly everything I got worse. I read in The People's Common Sense Medical Adviser of Dr. Pierce's Golden Medical Discovery and Dr. Sage's Catarrh Remedy. I have taken the 'Golden Medical Discovery' and 'Pleasant Pellets,' and have used five bottles of Dr. Sage's Catarrh Remedy. I am now able to do my work and walk with pleasure. I feel like a new woman. I enjoy everything around me and thank God for letting me live long enough to find something that made me well again."

Dr. Pierce's Golden Medical Discovery

has a curative effect upon all mucous surfaces, and hence removes catarrh. In Nasal Catarrh it is well to cleanse the passages with Dr. Sage's Catarrh Remedy while using the "Discovery" as a constitutional remedy.

Why the "Golden Medical Discovery" eradicates catarrhal affections, of the stomach, bowels, bladder and other pelvic organs, will be plain to you if you will read a booklet of extracts from the writings of eminent medical authorities endorsing its ingredients and explaining their curative properties. It is mailed free on request.

"The "Discovery" has been put up and sold in its liquid form for over 40 years and has given great satisfaction. Now it can be obtained of medicine dealers in tablet form as well. A trial box sent prepaid for 50 one-cent stamps. Address Dr. Pierce's Invalids Hotel, Buffalo, N. Y.

Dr. Pierce's Pleasant Pellets regulate and strengthen Stomach, Liver and Bowels. Assist nature a little, now and then, with a searching and cleansing, yet gentle cathartic, and thereby avoid many diseases.

Take Your Choice of Twenty Million Acres, Free!

New Homestead Law Gives Full Title to 320 or 160 Acres in the Great Northwest in Three Years



The attention of the whole world is centered on the great Northwest. Crops last year surpassed all records. Millions of acres of the finest land in America are still undeveloped and idle. You may take your choice under the New Homestead Law which makes it easy to acquire full title to a rich 320 acre or 160 acre farm in only three years. Come and see for yourself RIGHT AWAY.

Low One-Way Colonist Fares—*via* Great Northern Railway

$33 from Chicago to Montana points. $38 to points in Idaho, Washington, Oregon, and British Columbia. Proportionately low fares to all points Northwest.

Low Round Trip Homeseeker's Fares in Effect 1st and 3rd Tuesdays of Each Month

Write for Special Booklets

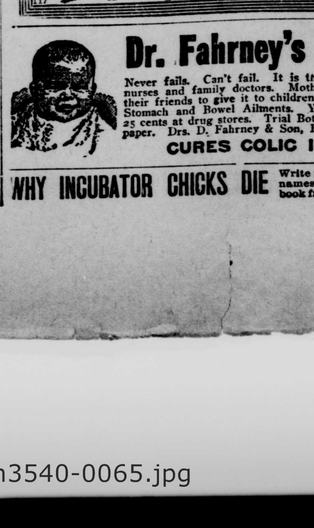
We have prepared a number of handsome, illustrated booklets, folders, maps, etc.—the most complete information ever compiled on the opportunities in the great Northwest. We will gladly send these free if you will write at once. Use the coupon or a postal or a letter.

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Panama-Pacific International Exposition, San Francisco, 1915

"See America First"
GREAT NORTHERN RAILWAY
National Park Route

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E. C. LEEDY, General Immigration Agent,
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Please send booklets and full information regarding the New Homestead Law and opportunities in the Great Northwest, free.
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Address .....
I am interested in ..... State or locality.



Dr. Fahrney's Teething Syrup
Never fails. Can't fail. It is the favorite baby medicine of the best nurses and family doctors. Mothers everywhere stick to it, and urge their friends to give it to children for Colic, Cramps, Diarrhoea and all Stomach and Bowel Ailments. You can depend on it. Don't worry! 25 cents at drug stores. Trial Bottle FREE by mail if you mention this paper. Drs. D. Fahrney & Son, Hagerstown, Md.
CURES COLIC IN TEN MINUTES.

WHY INCUBATOR CHICKS DIE Write for book saving young chicks. Send us names of 7 friends that use incubators and get book free. Raisall Remedy Co., Blackwell, Okla.

FOR SALE—641 A., HANOVER CO., VA.; ideal location, river frontage, all level, 400 a. cult., bal. woods, one 5 r., one 6 r. house, brick barn, outbldgs., 50 fruit trees, stock, mach., etc. Th. E. West, Old Church, Va.

LADIES BE BEAUTIFUL—"Cyclopedia of Health and Beauty" tells how. Write for it. It is free. 680, HICKS, 212 WALNUT ST., COLUMBUS, OHIO

Agents—Health Insoles prevent Rheumatism, Catarrh, Lung Trouble. Send 10c for samples and terms. State size. John Ketterouht, 2226 Frant, Brotherhood, Philadelphia

BOYS, GIRLS—Earn money spare time; take orders for Famous Cream among Friends. Send 10c for trial. FAMILY REMEDIES CO., MOUNT PARK, ILLINOIS

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