### Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water before breakfast to wash out polsons.

Life is not inerely to live, but to live well, sleep well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very east, it is if one will only adopt the morning inside bath. Folke who age accustomed to feel dull and heavy, when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, and stomach, lean, instead, feel as fresh as a darm by the state of the state of

volume of water not agree the season of all the inside organs.

The millions of people who are bothered with constipation, billious spells, stomach trouble, reheumatism; others who have sallow skins, blood disorders and sickly completions are urged to get a quarter pound of limestone phosphate from any store that handles drugs which it cost very little, but is sufficient to make anyone a pronounced epank on the subject of internal sanitation.—Adv.

baby?"
"Yes, it is nice, iather," said Tommy, as he saw the end of his reign;
"but what bothers me is, was it necessary?"

## SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "does" mother insisted on—caster oil, calonel, cathartics. However, and the same that the same

and Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleaning, sive only delicus "California Syrup of Figs." Its action is positive, but gentle. Millions of mother's keep this harmless "truit laxative" handy: the harmless "truit laxative" handy: then then we children to to take it: that it herer falls to clean the stomach, and that a teaspountul siven todde, saves a sick child tomorrow.

Ask at the store for a 50-cent bottle of "California Syrup of Figs." which has full directions for babies, children of all ages; and for grown-up plainly on each bottle. Adv.

Pesperate Remedy.

Soapstone. Frozen Perdinand—Take it away an

## PROVEN SWAMP-ROOT

Chic Blouse of Wash Fabrics



The better grades in cotton voites, marquistettes, organdie and other sheer stuffs have proved themselves surptist in gly durable and are like crepe de chine and crepe georgette in this respect. They look as fragile as flower petals but wear as stanchly a light brown or spect. They look as fragile as flower petals but wear as stanchly a light brown or spect. They look as fragile as flower petals but wear as stanchly a light brown or provided the pendable weaves that are relied upper specific the oncoming season.

With the trend of the public's taste constantly turned toward thin and sheer fabries for all purposes and the demand for things are not specified in the same and crist white salts dots. The back state constantly turned toward thin and sheer fabries for all purposes and the demand for things are not specified to the same and the s

Fashions of the Hour in Bags



AIDS WEAK KIDNEYS

The resistance of the long and bladder remediate and the long time time.

The resistance of time time.

The re

Bags of embossed leather in oriental procket checkbook or letter or memocolorings and figures made their entry in the areas of fashions just before the holdsys. They made an instant success, sharing the favor given to juovel cess, sharing the favor given to juovel the in silk bags, and nothing more beautiful is likely to teplace them for some time.

They are called Tokyo bags and are made in various colored leathers havmade in various colored leathers hav-

While friends so dear surround me here. Let care, if he can, o'ertake me. re, c. ii he can, o'ertake me. —Dickens.

Industrial Training and Crime.
It is a ract that a very large perceatage of the immates of prisons are
industrially untrained, and numble to
carr a living income honesity. In
Sing Sing the number of men who
may be thus classed has been variousity estimated by those acqualated with
conditions at from 75 to 90 per cent
to the total population. In that fact
is the cause of much crime, in the
remedying of that condition is to be
found the cure for it in a large number of cases.—Prom the Star of Hope,
published by Sing Sing Prison.

# INTERNATIONAL SUNDAY SCHOOL

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"The Kind Mother Uses"
"Every time mother gets out Calumet I know there's going to be good things to eat at our house. Delicious, tender, tempting doughnuts, biscuits,



saveyou money. Calumetdoes—it's Prend for superior to sour milk and so

#### EAGER FOR A SETTLEMENT

Man on Trial Charged With Consum-ing Moonshine Whisky Got Tired of Law's Delay.

The case had been dragging on for nearly an hour, which was twice as soon as it should have lasted in this court. A sunbrowned "cracker" from Decaturn has been arrested on a trivial charge, but the two officers on the case could not agree as to whether the defendant had been caught drink-

the defendant had been caught drinking monealine or not.
Suddenly the prisoner raised his
hand, and motioned to Judge Broyles.
"What have you to say, Peter Cooper?" the judge lenguired.
"I were just thinkin, it sho would
hep matters, ledge, et yo' all would
make up yo' mind one way er 'tother.
It hit's 'guilty; then I wanter begin
sarvin; ef hit's 'innercent,' id like to
out and finish that spree I done
perfed."—Case and Comment.

## A GLASS OF SALTS WILL END KIDNEY-BACKACHE

Drugs Excite Kidneys and Recommends Only Salts, Particularly
if Bladder Bothers You.

ommends Only Saits, Particularly if Bladder Bothers You.

When your kidneys hurt and your back feels sore, don't get seared and proceed to load our get seared and the search of the search of

Froof.

"Are you sure the world is happler and better?"

"Absolutely. Look at the people who used to make themselves miserable on bicycles and who are now riding in motorcars!".

Wise is the girl who fears a man more than she does a mouse.

An obese man may lose flesh by try-ing to shave himself.