BILIOUS, HEADACHY, SICK "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box.

Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of 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.

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 bowels.

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

Don't Be Envious.

Crush all envy out of your heart. The envious person is in pain upon all occasions which ought to give him pleasure. The relish of his life is past, and the objects which administer the highest satisfaction to those who are exempt from this passion give the quickest pangs to persons who are subject to it. All the perfections of their fellow creatures are odious. Don't be envious.

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 meat. The most economical and nutritious food known. Made from the finest Durum Wheat. Write Skinner Mfg. Co., Omaha, Nebr., for beautiful cook book. It is sent free to mothers.—Adv.

In the Lead.

"Now, I see that America leads in breeding dogs."

"Hurrah for the American eagle."

"Also the American beagle."—Louisville Courier-Journal.

ACTRESS TELLS SECRET.

A well known actress gives the following recipe for gray hair: To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ¼ oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

The working force of the British navy afloat and ashore, includes more than 1,000,000 men.

Pimples, boils, carbuncles, dry up and disappear with Doctor Pierce's Golden Medical Discovery. In tablets or liquid. —Adv.

Berlin has registered 107,000 alien residents.

When Work Is Hard

That kidney troubles are so common is due to the strain put upon the kidneys in so many occupations, such as:

Jarring and jolting on railroads, etc.

Cramp and strain as in barbering, moulding, heavy lifting, etc.

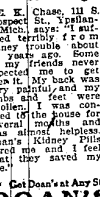
Exposure to changes of temperature in iron furnaces, refrigerators, etc.

Dampness as in tanneries, quarries, mines, etc.

Inhaling poisonous fumes in painting, printing and chemical shops.

Doan's Kidney Pills are fine for strengthening weak kidneys.

A Michigan Case



E. K. Chase, 111 S. Prospect St., Ypsilanti, Mich., says: "I suffered terribly from kidney trouble about six years ago. Some of my friends never expected me to get over it. My back was very painful and my limbs and feet were swollen. I was confined to the house for several months and was almost helpless. Doan's Kidney Pills cured me and I feel that they saved my life."

Get Doan's at Any Store, 50c a Box

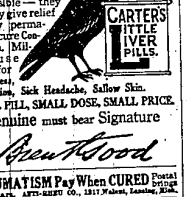
DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

The Army of Constipation

Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS are responsible — they not only give relief — they permanently cure Constipation. Millions use them for Biliousness, Indigestion, Sick Headache, Sallow Skin.



SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good

RHEUMATISM Pay When CURED Postal brings particulars. ARTI-REUM CO., 1317 Walnut, Lansing, Mich.

PATENTS Watson E. Coleman, Washington, D.C. Books free. Highest references. Best results.

"ROUGH on RATS" Finds Rats, Mice, Bugs. Die outdoors. 15c and 25c.

The HOME BEAUTIFUL

Flowers and Shrubbery—Their Care and Cultivation

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. M. 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 culturists of the world. They are now being taught the value of flowers. The time was when a child could not be trusted along in a city park where flowers were exhibited. 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 reproof of their parents.

Now the people who study parks and flowers have gone to studying children, and strangely enough, they have discovered that children are rational human beings, thoroughly susceptible of being taught the value of flowers and the care that is required to produce and keep them. In many of the big flower plots the little fellows are being regularly taken and told all about the way that flowers thrive. They are being taught honey as a kindergarten study—not in the dry terms of the expert, but in the plain, interesting way of the amateur. They are learning how seeds are planted, how bulbs come from the queer land of the dykes and all of the other secrets.

The truism that the greatest and most valuable crop in the world is the crop of children is impressing itself in the pursuit of this hitherto neglected branch of garden work. When a child begins to get interested in the study of flowers, made pleasing by the avoidance of dry detail, there is no end to the possibility of pleasure that can be derived from it. The instruction affords the grown-ups a simple way to enjoy the society of the young, which is the best tonic that age ever had. More gray hairs can be dodged and more wrinkles ironed out by associating with children than by the application of any known cure.

Once this is fully realized, the value of taking up the flower study with children will make an appeal to many, many older persons who now seek a book and a corner when they might be finding renewed youth with the tots.

Tell the children things that will interest them. Point out how the bees, working away for a hard-hearted queen who lives in a cone-shaped palace, run from dawn to flower seeking to collect the tribute of sweets for the relentless task-mistress of the hive. Tell them how these little bees, without knowing it, are carrying from one fragrant blossom to another the germ of life that makes possible the reproduction of the flower and keeps alive the beauty and the joy of having the plant.

That study ought to appeal to a mature mind; it certainly does to the mind of a child. The truth has but recently been discovered among the city children. The result of the instruction has been that many little shavers are taking tender care of the things they once sought to destroy, and a spirit is being developed that speaks well for the future of floriculture.

WORK AMONG THE FLOWERS

If a cactus appears diseased, cut away all the branches and parts that do not seem wholesome. Withhold water for a time and pinch off the top of the stalks to make side branches grow.

Seeds of asparagus sprengeri, when ripen at this season, should be sown as soon as they mature. They germinate quickly and soon make satisfactory foliage-plants.

If not attended to before now, take cuttings of hardy shrubs, vines and grape and set out in the garden in well-prepared soil in the spring.

If you are short of window plants experiment with the chrysanthemum. Put the new shoots of the half-hardy sort in fine, rich soil; place in a sunny window and see if you cannot have them in bloom in a couple of months.

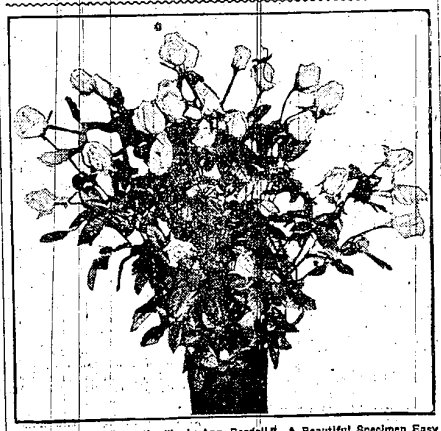
The heliotrope is impatient of a small pot, and should be shifted to a size larger as soon as its fine roots cover the outside of the ball of earth. So dense are its roots that it is often necessary to run a fine skewer about the base of the plant several times to allow the water to penetrate to the heart of the roots. See that these holes are kept open.

THE ANEMONE AND NARCISSI

Anemone 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 winter 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 cultured in pots of earth or fiber dishes.



New Shell Pink Rose, the "Lady Ann Bordell." A Beautiful Specimen Easy to Grow.

VOGUES AND VANITIES

by JULIA BOTTOMLEY

Made for Youthful Wearers

The style-wise manikin is busy parading the newest thing in one-piece gowns before the practiced eyes of buyers of ready-made dresses. First he wonders how she gets into them; next, he wonders why she ever wears anything different, and finally he buys. Shortly you will be doing likewise. For the one-piece frock has made a hit with matron and maid.

The model shown here is designed for a miss who has arrived at the dignity of sixteen years, at least, or progressed somewhat beyond. It may be successfully made of any of the light-weight woolen fabrics, as serge, gabardine, broadcloth, and other weaves. It is very effective made in small black-and-white shepherd's check, and trimmed with black braid instead of embroidery.

This dress looks too simple to need description, and it is simple, but less so than a glance conveys. It has a fitted lining under the waist, which supports the skirt and holds the waist in position.

A plaited and shirred panel is let into the plain, straight-hanging skirt at each side.

The bodice is gathered into a belt and fastens along the shoulder and under arms with snap fasteners. The sleeves are large and gathered at the wrists into a narrow band. The easy turnover collar, faced with white, is of exactly the right character for a frock of this design.

Embroidery in rich colors brightens the bodice, girdle, and sleeves, and a little band of it appears on the panels in the skirt.

When She Goes Bicycling

Clothes exactly suited to their use are sure to possess distinction, because this is one of the elements of good style. Now that everybody goes bicycling, costumers have bent their fertile minds upon togs for the wheel and have turned out such altogether fetching creations that the sportswoman dotes upon them. It is enough to tempt one to live out of doors all the time, when comfort and beauty are combined as they are in sports clothes.

From top to toe the lady who smiles at life, in the accompanying picture, is dressed as she should be. Her suit comprises three pieces, knickerbockers, coat, and skirt. She wears golf stockings and low-heeled, broad-toed calfskin shoes. Her hat is close fitting, a smart shape with brim enough to shade the eyes. It is of a light-colored velour, trimmed with a scarf of soft silk.

While on the subject of sports hats a new, rainproof fabric which is double faced merits mention. It looks like a thin leather on one side and satin on the other. It is used in hats intended for motoring, or any other sport. Then there are hats crocheted of a patented braid. They are beautiful and comfortable, clinging to the head like a glove to the hand.

The wheel suit shown in the picture is made of serge in shepherd's check, and depends upon bone buttons for its decoration. The coat is made with a set-in bit of the material, and is provided with patch pockets. The wide sailor collar is faced with satin. Plain coatsleeves are finished with deep cuffs with a pointed turned-back flap at the top, fastened down with a button. The knickers are just plain knickers, with nothing to distinguish them from any others. The skirt is perfectly plain, fits smoothly about the hips, and is just full enough to allow a comfortable stride. When the fair bicyclist abandons her wheel to walk, take tea, or otherwise disport herself, she may fasten it at the front, for it is furnished with buttons and buttonholes for that purpose.

A TIP

The Saturday Evening Post, January 6th, says in effect:

"A small part of the urban population of the United States have made money on the rise of stocks. A LARGE part are regretting they did not also wade in and are seriously considering wading in now.

"It is a matter of historical fact that the time when everybody wades in is usually about half-an-hour before stocks begin to go down.

"We have no hesitation in giving this tip: Now is a good time to leave stocks alone and buy sound bonds. In fact, any time is a good time to buy sound bonds."

And now, what are "sound bonds?" Such bonds as pay not over 5%—bonds in which both principal and interest are GUARANTEED—bonds in which every $1 of investment is secured by more than $2 of actual income-producing property—bonds that are Tax-Exempt.

Such bonds are SOUND bonds—and they are such bonds that you get in our $100, $500 and $1,000 5% Guaranteed First Mortgage Bond Certificates.

ASK YOUR BANKER. Send for descriptive Booklet of Sound Bonds.

Urban Realty Mortgage Company

$200,000.00 Paid-Up Capital

Detroit, Michigan

Mr. Wise—"Do you know what's good for rats?"
Mrs Wise—"Why, poison, of course."
Mr. Wise—"No, that would kill them—there."

Do you know what's good for a cough, throat and lung troubles, that will stop inflammation and insure a good night's sleep with free and easy expectoration in the morning? The answer always the same year after year, is

Boschee's German Syrup

Soothing and healing to bronchial and throat irritation. 25c. and 75c. sizes all Druggists and Dealers everywhere. Your grandfather used it 51 years ago. Try it yourself and see how it stops a hacking cough like magic.

to feel Fresh and Fit

—you must keep your stomach well; your liver active, the bowels regular, and your blood pure. Your physical condition depends on the health of these organs. When anything goes wrong

just take

a few doses of Beecham's Pills and avoid any serious illness. They are a fine corrective and tonic for the system, and a great help in maintaining good health. A single box will prove the remedial value of

BEECHAM'S PILLS

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c., 25c.

ABSORBINE TRADE MARK REG. U.S. PAT. OFF.

Reduces Strained, Puffy Ankles, Lymphangitis, Poll Evil, Fistula, Boils, Swellings; Stops Lameness and allays pain. Heals Sores, Cuts, Bruises, Boot Chafes. It is a SAFE ANTISEPTIC AND GERMICIDE

Does not blister or remove the hair and horse can be worked. Pleasant to use. $2.00 a bottle, delivered. Describe your case for special instructions and Book 5 M free. ABSORBINE, JR., antiseptic liniment for mankind, reduces Strains, Painful, Knotted, Swollen Veins. Concentrated—only a few drops required at an application. Price $1 per bottle at Dealers or delivered.

W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass.

Black's JEWELRY

156 Woodward Av. Near Grand

DETROIT, MICH.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

Relieve Feverishness, Constipation, Colds and correct disorders of the stomach and bowels. *Used by Mothers for 30 years.* All Druggists, 25c. Sample mailed FREE. Address Mother Gray Co., Le Roy, N. Y.

TRADE MARK.

GALL STONES OR KIDNEY STONES AVOID (*No Oil*) No more Gall stone Pains or Aches in Stomach, Back, Side or Shoulders; Liver Troubles, Stomach Misery, Dyspepsia, Colic, Gas, Biliousness, Headache, Constipation, Piles, Catarrh, Nervousness, Illness, Jaundice, Sleeplessness, Obesity. Send for home treatment. Medical Book on Kidney, Stomach, Gall Trouble and Appendicitis. FREE. Gallstone Remedy Co., Dept. W-4, 819 S. Dearborn St., Chicago.