HAVE ROSY CHEEKS AND FEEL FRESH AS A DAISY-TRY THIS!

Saya glass of hot water with phosphate before breakfast washes out poisons.

To see the tings of healthy bloom in your face, to see your skin get clearer and clearer, to wake up without a headache, heakethe, coated tongue or a 'nasty breath, in fact to feel your best, day in and day out, just try inside-bathing every morning for creament.

try inside-hathing every morning for the week.

Bafore bleakists each day, drink a glass of real bib, water with a teaspoontul of limestone phosphate in it as a harmless incans of washing from the stomach, liver, kilnerys and howeis the previous day's indigestable waste, sour bile and toxins; thus cleansing, sweetening and; purifying the entire alimentary cand before putting mort could into the stomach. The action of hot water and limestone phosphate on a empty sidnach is wonderfully invigorating. It deans out all the sour fermentations, gases and acidity and gives one a splendid appetite for breakfast.

A quarter poind of limestone phosphate will cest, very little at your drug-

Press one a special appetre to breakfast.

A quarter pound of limestone phosphate will cost very little at your druggist or general store, but is sufficient to demonstrate that just as soap and hot water clehanses, sweetens and limestone phosphate act on the blood and internal organs. Those who are subject to constipation, billous attacks, acid stomesh rheumatic trijners also subject to constitution, billious attacks, acid stomach, rheumatic twinges, also those whose skin is sallow and complexion paillid, are assured that one week of inside-bathing will have them both looking and feeling better in every way.—Adv.

She—if fashion makes our dresses by shorter I don't know what we'll any shorter I don't know what do. He—I do; you'll wear them.

RELIABLE REMEDY RESTORES KIDNEYS

For many years druggists have watched ith much interest the remarkable record aditained by 'Dr. Kilmer's Swamp-Root, he great kidney, liver and bladder rem-

the great kidney, liver and bladder remely.

It is a physician's prescription.

Swamp-Root is a strengthening medicine. Dr. Kilmer used it for years in his
private practice. It helps the kidneys,
remarked the work nature in
tended they alsoid do.

Swamp-Root has atood the test of years.
It is sold by all druggists on its merit and
it will help you. No other remedy can
successfully take its place.

Be sure to get Swamp-Root and start
treatment at outc.

The preparation's read the custs to Dr.

Kilmer & Co., Binghamton, N. Y., for a
sample bottle. When writing be sure and
mention this paper.—Adv.

His idea. What is the scope of a subma

rine's activity?"
"Why, ain't it the periscope?"

DON'T LOSE ANOTHER HAIR

Treat Your Scalp With Cuticura a Prevent Hair Falling. Trial Free.

For dandruff, itching, burning scalp For dandruf, itching, burning scalp, be cause of dry, thin and falling hair, Cuticura Sony and Olistment are most effective. Touch spots of dandruff and itching with Cuticura Sony and hot shappower of the cuticura Sony and hot water. No treditions to research the cuticura Sony and hot water. No treditions there are successful and the cuticural state of the cuticural state of the cuticular state of the cuticula

A good many New Year resolutions are only skin deep.

Children Who Are Sickly

When your child cries at night, tossessilessly in its sleep, is constipated, fe

Mother Cray's Sweet Powders for Children

system.

Used by machers for 28 years. Sold by all druggists, 25 ets. Sample mailed FREE. Address, Mother Gray Co., Le Roy, N. Y. Be sure you ask for and obtain Mother Gray's Sweet Powders for Children.

Constinution Vanishes Forever



Genuine must bear Signature

Brent Good

Successful Combination of Two Fabrics



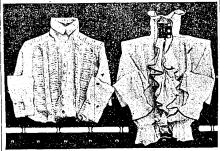
The combination of two materials in long and narrowed toward the hand. I saits and gowns for spring is an item state of the saits and gowns for spring is an item state of the saits and gowns for spring is an item state of the saits and it is a sait of the saits and it is a sait of the saits and in loning the body is of the waits to the yoke.

In the story of spring styles is not all told, and these things remain to be proved. The combination of two materials has already made a success, and appears to be as welcome as its fee spring itself.

In dresses for afternoon and evening wear, crept and indirect are used together with perfect success. The thing wear, crept and indirect are used together with perfect success. The sait is still another. Two kinds of sisk are as well liked, it seems, as the more farmiliar joining of silk with cloth. Each is to do as she likes in this matter of putting one and one together—to make one gown.

A street dress is shown here in which serge and taffetts give excellent account of themselves where joined for a very useful purpose. The upper third of the skirt is of the taffetts and the lower part, of serge, is set on to it with a narrow ploing of the skirt as of the taffetts and the lower part, of serge, is set on to it with the lower part, of serge, is set on to it with the first the bodice and sleeves are of the taffetts, the bodice and sleeves are of the taffetts, the bodice having a short yoke and drop shoulder. The sleeves are in the front is add the properties of the said and and in the said and the sleep and the sleep and the sleep and the properties. It is found to the skirt series of the sleep and the policy sleep and the properties. It is found to the skirt series of the sleep and the sleep and the policy sleep and the properties. It is found to the skirt series of the sleep and the sleep and the properties. It is found to the skirt series of the sleep and the sle

Enter the Spring Blouses



A semiannual rehearsal of the mode takes place each season and weeks before the public demands the new styles they are passed in review before those who must provide for this demand. For some reason those who create blouses and whose word is law in the matter of styles, have been a little late in presenting them. But now enter the expected new blouses for spring, a fine-grained and beautiful company.

We know that we are to be blessed with higher of sheer beauty and that withings of sheer beauty and that within higher of the provide the first provide the fastening with a band of cqual width is let in the enter. This is a practical, tasteful with high size and lines; that designs are simply and the provide the first provide th

Things that annoy and harass and harry?
Stop them and drop them, a new day is here, Squeeze a laugh from it instead of a tear. -Kaulman.

MEXICAN DISHES.



Some of these tasty dishes will appeal to the taste of the average dinerreperture of the average dinermove the seed and velve seed the first paper, remove the seed and velve and put pulp through a
colander, after
ocching until tender. To this add
a cupful of bolled rice, mashed smooth,
Scasan highly with tabases and saith
Beat one egg with a half cupful of
cream and add it to a quart of milk,
heated bot. Combine mixtures and
let boil up once; pour over toasted
squares of bread and serve immediately.

let boil up once; pour over toasteal squares of bread and serve immediately.

Tomato and Cheese Salad.—Take large, ripe tomatoes, peel and cut in hait, lay on a bod of heart leaves of lettuce. Roll-cream cheese, well seasoned, with butter paddels into halls. Lay two or three on each tomato slice, cover with mayonaise and serve, sprinkted with paprika.

Baked Chieken a la Mexican—Steam 20 minutes two young chickens, then cut up as for fricassee. Strain a can of tomatoes and mix with a can of orior: and one green pepper, chopped and paprika. Past the chicken into the mixture and thicken with bread crumbs. Bake in an earthen dish with lumps of butter over the top. Bake half an hour.

Fried Peppers With Cheese—Choose large; green chilis and hister them in the oven until they peel easily. Cut open, remove the seeds and veins and wrap it around a piece of strong cheese. Fry in good, sweet lard or better, olive oil. Propare a sauce of browned butter, flour and a flavor of garlic to pour over the peppers when ready to serve.

Chill Con Carne—A dozon fresh chilles or the dry ones soaked; prepare as usual, put through a grinder.

Chill Gon Carne—A dozon fresh chilles or the dry ones soaked; prepare as usual, put through a grinder.

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Cut in pieces a pound of beef or pork, brown in hot fat, then add a clove of garlic, an onion, cut fine, then add a tablesponding of flour and the chill.

Simmer ten minutes; add more water if necessary and serve,

THE DELICIOUS RAISIN.



Raisins have a decided medicinal Raisins have a decided medicinal value, as they have a laxative effect, but for those who have trouble in digesting them they are best steamed or cooked in bread, when the skin is softened and made easier of mastica-

or cooked in bread, when the skile softened and made easier of mastices of the skile softened and made easier of mastices. The English people should teach us the proper value of the ratish as they eat six pounds per capita while we sat one.

Raisin Sandwiches—Chop fine one cupful of raisins with a cupful of nuts, because or winds, mix with whipped cream, a dash of salt and appread on this slices of buttered bread. Prepare only a short while before serving and the raisins are better and more digestible if steamed before using. Raisins with bread and butter make the dinest kind of a lunch when traveling, and are always ready to take. A delicious little cake to serve with the in the afternoon is the marguarite. Take small round wafers and heap on them the whipped white of an egg. with two tablespoonting of topped sugar, a tablespoonting of the provided and the country of the same of the country of the same of the country of the same of the country is sufficient to the oven and hake until well buffed up and brown.

Raisin ple is so delicious we should serve it often and it is not more expensive than many ordinary jeffings. Stir together a cupful of water, a tablespoontil of cornstarch and a cupful of chopped raisins. Cook this until smooth and thick, cool, then bake with two crusts.

Nereie Maxwell

Just Split the Difference.
In a jury trial in a small town not
many miles from civilization the rural
gentlemen into whose hands the case
of the plaintiff and defendant was
placed were so stubbornly divided
that they were some twenty-odd hours
in reaching a verdict. As they left
the court, after having rendered the
verdict, one of them was saked by a
triffend what the trouble was. "Weal,"
he said, "sto or 'em wanted
to give him \$3,000, so we split the diffarence an' give him \$500."

A Woman's **Problem**

How to Feel Well During Middle Life Told by Three Women Who Learned from Experience.

The Change of Life is a most critical period of a woman's existence, and neglect of health at this time invites disease and pain. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkhain's Vegetable Compound, made from native roots and herbs. Read these letters:—



Thiladelphia, Pa.—"I started the Chauge of Life five years ago. I always had a headache and back-ehe with bearing down pains and I would have heat flashes very bad at times with dizzy spells and repressors feelings. After taking Lydia E. Pinkham's Vegetable Compound I feel like a new person and am in better health and no more troubled with the aches and pains I had before I took your wonderful remedy. I recommend it to my fireds for I cannot praise it enough."—Mrs. MARGARET GRASSMAN, 759 N. Ringgold St., Philadelphia, Philadelph

Beverly, Mass.—"I took Lydia E Winkham's Vegetable Compound, for nervousness and dysrepsia, when I was going through the Change of Life. I found it very helpful and I have always spoken of it to other women who sufier as I did and have had them try it and they also have received good results from it."—Mrs. Genore A. Dunnar, 17 Koundy St., Beverly, Mass.

17 Konnay Sc., Beveriy, Alass.

Erie, Ph.—"I was in poor health when the Change of Life started with me and I took Lydis E. Pinkham's Vegetable Compound, or I think I should not have got over it as easy as I did. Even now if I do not feel good I take the Compound and it restores me in a short time. I will praise your remedies to every woman for it may help them as it has me."—Mrs. E. Kissling, 931 East 24th St. Erie, Pa.

No other medicine has been so successful in relieving woman'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.

Many Leap Years in Century.
The modern woman, supposedly an adjunct of the twentieth century, will have ample opportunity along one certain line as this bundred years will contain the greatest possible number of leap years, 24.

RECIPE FOR GRAY HAIR.

RECIPE FOR GRAY HAIR.
To ball plus of water add to e. By Rum, a small tox of Barbo Cumpound, and 4 or. of dependent of the plus of the fact twice a week glit can put this up or you can mix it a found at very little cost. It will gradually moves dead of the cost of the plus of the p

The stool pigeon is the cheapest of all conscienceless crooks.

AILING WOMEN NEED THIS FAMOUS DOCTOR'S PRESCRIPTION

Constantinople was founded in 336 "ANURIC!" NEWEST IN CHEMISTRY

What Did She Mean?
Miss Modern—Do you suppose that
me should catch disease from kisses!
Mrs. Wise—Well, I caught a hus-

An African frog sounds a call under water that can be heard for long dis-

Colds cause Grip—Larative Bromo Quinian re-moves the cause. There is only one "Bromo Quiniae." E. W. GROVE'S signature on box. Xo.

Thousands of women who are now blessed with robust health cannot understand why thousands of other women encounting to worry and suffer from allments peculiar to women when they an obtain for a trilling sum Dr. Flerce's Favorite Prescription will surely and quickly banish all pain, distress and minery and restore the womanly inactions to beatin.

This prescription of Dr. Pierce's extracted from roots and herbs is a temperance remedy.

To get rid of irregularities, or catarrhai condition, to avoid pain at certain times, to overcome irritability and weakness, was to overcome irritability and weakness was to overcome irritability and weakness was to overcome irritability and weakness was formed to the prescription in package. Full treatment 50c. Au liquid or tablet form this very day, druggists.

"Does ho pay his alimony promptly?"
"No. I have as much trouble in getting money out of him as if I were married to him."—Judge.

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 Catt Hilathus
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria

It's a smart baby that knows how to make crying pay dividends.

Not Attractive. Howell-What do you think of that giri?
Powell-She is one of the reasons why men don't leave home.—Judge.

Files Relieved by First Application
And careful du 16 days by FA20 Olivia No. the
universal result of the Application of the Application
related measuring that the Co.

J. S. Dawklins, aged fifteen, conducts revival meetings in New York.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years go. They regulate liver and bowels.—Adv.

The mills of the gods seldom shut

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We will answer by return mail and, in addition, will send you a beautiful 36 page hook of recipes. Skinner's products are the highest quality and help you cut down winderful; on meat bills. SKINNER MANUFACTURING CO.

The Largest Macaroni Factory in America.

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