

# Sickly Smile

Wipe it off your otherwise good looking face—put on that good health smile that **CASCARETS** will give you—as a result from the cure of Constipation—or a torpid liver. It's so easy—do it—you'll see.

CASCARETS 10c a box for a week's treatment, all druggists. Biggest seller in the world. Million boxes a month.

## A GOOD BET.



Mrs. Newpop—Mrs. Jones says that only one woman in a thousand is capable of bringing up children.

Mr. Newpop—I'll bet she thinks she is one of the ones.

## Truth a Trouble Maker.

A West Philadelphia man and his wife have separated. None of their friends know why, but one, being curious, asked the husband:

"What was the trouble between you and your wife?"

"O, nothing much. She bought a new hat for \$20 and asked me what I thought of it. And I told her. That's all."

## REASONED IT OUT

And Found a Change in Food Put Him Right.

A man does not count as wasted the time he spends in thinking over his business, but he seems loth to give the same sort of careful attention to himself and to his health. And yet his business would be worth little without good health to care for it. A business man tells how he did himself good by carefully thinking over his physical condition, investigating to find out what was needed, and then changing to the right food.

"For some years I had been bothered a great deal after meals. My food seemed to lay like lead in my stomach, producing heaviness and dullness and sometimes positive pain. Of course this rendered me more or less unfit for business, and I made up my mind that something would have to be done.

"Reflection led me to the conclusion that over-eating, filling the stomach with indigestible food, was responsible for many of the ills that human flesh endures, and that I was punishing myself in that way—that was what was making me so dull, heavy and uncomfortable, and unfit for business after meals. I concluded to try Grape-Nuts food to see what it could do for me.

"I have been using it for some months now, and am glad to say that I do not suffer any longer after meals; my food seems to assimilate easily and perfectly, and to do the work for which it was intended.

"I have regained my normal weight, and find that business is a pleasure once more—can take more interest in it, and my mind is clearer and more alert."

Name given by Postum Co., Battle Creek, Mich.

Read "The Road to Wellville," in *DEPT.* "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.

# KEEP KITCHEN CLEAN

IN NO ROOM IS CLUTTER AND DUST MORE UNSANITARY.

Should Be Times for Each Cleaning Process Besides Ordinary Daily Cleaning—Utensils Should Be Kept Immaculately Clean.

The thought of an untidy kitchen is abhorrent to the good housekeeper. The trouble lies with being more able to spot dirt and scold about it than to give rules for its prevention.

When a new maid arrives the mistress should tell her explicitly how she likes the work managed, instead of saying, "I expect your kitchen to be spotless!"

There should be times for each cleaning process, besides the ordinary daily cleaning up. Every girl should be made to sweep up the kitchen floor at least once a day, preferably after each meal, to wash off tabletops and sink after every dish-washing time and to dust thoroughly each morning.

In no room of the house is clutter and dust more unsanitary, yet little attention is often paid to systematic fighting of it. Sometimes this is due to lack of provision. Every kitchen should be equipped with a broom, roller, brush and pan, dustless dusters, scrubbing brushes, chamolis skins, pail and scrub cloths of its own.

Many cooks will wipe up a kitchen table with the same cloth used for the floor, or worse yet, with the dish-cloth. For this reason have sets of cloths distinct in color, for each operation and there is no excuse for mixing them. The same holds good of brushes; there should be a sink brush, another for vegetables, a third for table tops and a fourth for floors. Also have mops of different size and thickness to use on pots, pans and bottles.

The care of a kitchen floor depends upon the material with which it is covered. If there is a good quality of linoleum on it work is simplified, as beyond daily brushing up it will only need semiweekly scrubbing with skim milk. Never use soap on linoleum. To brighten rub with a cloth wet in linseed oil after the floor has been washed up and well dried.

A bare floor is liked by some because it can be scrubbed hard with soap and water. If a tablespoonful of kerosene is added to the pail of water the scrubbing will be more quickly done. Where the water is hard it should be softened with borax or ammonia.

A varnished floor can be cleaned more easily if sprinkled with coarse salt, which is allowed to stand for a few minutes then brushed up with a soft broom.

The floors should be washed up with water, then rinsed with skim milk. An occasional treatment of linseed oil will keep luster in the tiles.

Keep three white barred muslin curtains for each kitchen window for frequent changes. Have windows cleaned inside and out once a week. Do not use soap. A tablespoonful of ammonia to a gallon of hot water will give quick polish. Use two cloths and finish with chamolis or tissue paper.

Utensils must be kept polished. For copper use soap applied with a damp cloth, then sprinkle thickly with borax, if you have no regular copper polish. Brass can be cleaned by being moistened with kerosene then rubbed with a paste of powdered chalk and lemon juice, and polished with chamolis. Boil tin utensils occasionally in strong soda water, and if rusted rub with lard and let stand before washing.

## Scrapple.

One and one-half pounds of beef and one-half pound of pork; boil them together and season with salt, pepper, and sage; drain and chop fine. Then add to the liquor corn meal, as you would for mush; add seasoned meat, mold, slice, and fry.

# FREE



A trial package of Munyon's Paw Paw Pills will be sent free to anyone on request. Address Professor Munyon, 53d & Jefferson Sts., Philadelphia, Pa. If you are in need of medical advice, do not fail to write Professor Munyon. Your communication will be treated in strict confidence, and your case will be diagnosed as carefully as though you had a personal interview.

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. In my opinion constipation is responsible for most ailments. There are 28 feet of human bowels, which is really a sewer pipe. When this pipe becomes clogged the whole system becomes poisoned, causing biliousness, indigestion and impure blood, which often produces rheumatism and kidney ailments. No woman who suffers with constipation or any liver ailment can expect to have a clear complexion or enjoy good health. If I had my way I would prohibit the sale of nine-tenths of the cathartics that are now being sold for the reason that they soon destroy the lining of the stomach, setting up serious forms of indigestion, and so paralyze the bowels that they refuse to act unless forced by strong purgatives.

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 impoverish it; they enable the stomach to get all the nourishment from food that is put into it.

These pills contain no calomel, no dope; they are soothing, healing and stimulating. They school the bowels to act without physic.

Regular size bottle, containing 45 pills, 25 cents. Munyon's Laboratory, 53d & Jefferson Sts., Philadelphia.

## Absent-Minded Suffragette.

One of the Suffragettes—I've lost me best hatpin, Lizzie.

Another—Where did you leave it last?

The First—Oh, I remember now! I left it sticking in that policeman!—London Opinion.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules. Easy to take as candy.

Why quarrel over religions when all men agree—all men, that is, at the same grade of intellect?

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

An institution must be propped up by precedent when it is no more upheld by sag.

Take Garfield Tea to overcome constipation, cleanse system and maintain health.

A woman who has a nose for news usually has a chin for telling it.

Ready for Anything.  
"What do you think of anti-toxin?"  
"I don't know much about the crusade, but I'll join."—Exchange.

## Show Your Colors.

"The peacock may be a very proud bird," remarked the Observer of Events and Things, "but it has one trait which I like. It is fond of showing its colors."—Yonkers Statesman.

## Who Wouldn't.

"What makes the new baby at your house cry so much, Johnny?"

Johnny indignantly said: "It don't cry so very much, and, anyway, if all your teeth was out, and your hair off, and your legs so weak you couldn't stand on them, I bet you would feel like crying yourself."

## Poor Father.

Miss Millions—George, you'll have to ask father.

George—I don't like to. Your father always reminds me of eating lobsters.

Miss Millions—What do you mean by that?

George—He's too rich and bound to disagree with me.

## Paternal Goodness.

"I cannot understand," wrote the college boy, "why you call yourself a kind father. For three weeks I've had no check from you. Pray, what sort of kindness do you call that?"

And the father wrote back: "Unremitting kindness."—Lippincott's.

## Masterly Retreats.

"For masterly retreats," explained a British officer to an American, "we have had few generals equal to Buller. On several occasions he has made a retreat without losing an officer, a man, a gun, or a flag."

"Or a minute," added the American. —Everybody's.

## Left a "Mark of Affection."

"Ah, John," said the wife to her recreant spouse, "when you remain away from me I miss you."

"But—hic—when I'm here?"

"Then I don't miss you. (Bang!) Take that!"

The rolling pin landed unerringly.

## A Builder All Right.

Church—He is a prominent builder. Gotham—What are you talking about? He's a clerk in a grocery store.

"I know it."

"How can he be a builder, then?"

"Why, he's been building the kitchen fire for his wife for years!"—Yonkers Statesman.

## It Seems So.

The little son of the family happened to be idling his time in the kitchen when the colored porter came up out of the cellar, where he had been shoveling coal into the heater, grasped the white towel hanging on the door and passed into the hall. For an instant the youth gazed awe-struck at the coal dust impressions left on the towel, then yelled after the retreating negro:

"Oh, Sam, your color's coming off!"

## Pointed Paragraphs.

The door of adversity of never locked.

No man becomes a jailbird just for a lark.

It is the doing, not the saying, that makes the hero.

It is not necessarily true that the worst is yet to come.

The man who lives twice as fast as he should is apt to see double.

It is good policy to look ahead if you are headed in the wrong direction.

A woman never considers a man a bore as long as he talks to her about herself.

It's all right to get out your little hammer—when you have occasion to drive nails.

# DENVER DIRECTORY

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