

"CALIFORNIA FIG SYRUP" IS CHILD'S LAXATIVE

Look at tongue! Remove poisons from stomach, liver and bowels.



Accept "California" Syrup of Figs only—look for the name California on the package...

Does the Next Best Thing. "What do you do when you want to pull your husband's hair? He is as bald as an egg."

Cuticura Soothes Itching Scalp. On retiring gently rub spots of dandruff and itching with Cuticura Ointment.

Only Real Riches. There is no wealth but life; life, including all its powers of love, joy and admiration.

BOSCHEE'S SYRUP. In these days of unsettled weather look out for colds. Take every precaution against the dreaded influenza and at the first sneeze remember that Boschee's Syrup has been used for fifty-three years in all parts of the United States for coughs, bronchitis and colds, throat irritation and especially for lung troubles, giving the patient a good night's rest, free from coughing, with easy expectoration in the morning.

Perfectly Natural. A schoolboy listened calmly to a lecture on "Nero." The lecturer recounted all Nero's debaucheries, cruelties and crimes. Then, afterward, he asked the boy: "Well, boy, what do you think of him?"

The First Cup and Saucer. The beverages of the sixteenth century were water, mead, sack and ale. In the middle of the next century tea was introduced, and with it came the Chinese or "china" teacup.

Entirely Conditional. He—So you wouldn't marry the best man living? She—Well, not unless I was sure it would make a better man of him.

Kissing either wife or child was a punishable offense in England in the seventeenth century.

NERVES GAVE OUT

Serious Kidney Trouble Had Made Life Miserable, But Doan's Removed All the Trouble. Hasn't Suffered Since.

"I had such severe pains in my back," says Mrs. Albert Akroyd, 304 W. Indiana Avenue, Philadelphia, Pa., "that they almost doubled me up. Many a day I could not do my housework and at every move it seemed as if my back would break in two. My feet and ankles swelled until I had to wear large-sized slippers and sometimes I couldn't stand up."

"I had dizzy spells and dreadful headaches and fiery flashes passed before my eyes. Had a heavy weight been resting on my head, the pain could not have been more distressing. The least noise startled me, I was so nervous. I couldn't control the kidney secretions and the pain in passage was awful."

"It began to look as though my case was beyond the reach of medicine until I used Doan's Kidney Pills. The first box benefited me and four boxes cured all the troubles. I have had no further cause for complaint."

Sworn to before me, Thos. H. Walters, Notary Public. Got Doan's at Any Store, 60c a Box. DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

Loggett's King Pin CHEWING The tastiest tobacco you ever tasted.

USE ANTISEPTIC MUL-EN-OL AS A MOUTH WASH AND DENTIFRICE It cleans the Teeth, Disinfects the Mouth and Keeps the Gums Firm and Healthy

FREE Don't send any money. Just send us your name and address on a postal card and let us show how you can get this Wonderful Stove Polish and 50 colored views of the Great War, real battle scenes—absolutely free—for selling our beautiful Christmas Cards to your friends in spare time.

E-Z Stove Polish Outshines All IRON ENAMEL Makes Rusty Pipe Smooth E-Z Metal Polish for Nickel Parts

Uncomplimentary. At one of the famous Lambs' Club gambols, a young and aspiring actor appeared on the program in an imitation of Nat Goodwin.

Goodwin himself was present at the performance. After the gambol was over the young actor, much to his delight, succeeded in getting himself introduced to Nat.

"Were you present at the performance tonight, Mr. Goodwin?" he asked. "Yes," was the answer. "I was there."

"And did you see my imitation of you, Mr. Goodwin?" continued the young man. "Yes, I saw it," came the reply.

"And," persisted the aspiring youth, "may I ask you to give me your verdict on the excellence and fidelity of my art as disclosed in the impersonation of yourself?"

"Well," said Mr. Goodwin, "one of us is rotten."—Everybody's Magazine.

The Home of the Bean. Knicker—Boston was once a state of mind. Bocker—Now it is a state of won't mind.

Almost every man has the mistaken idea that he is essential to the workings of the universe. A woman's silence often means more than her words.

Touring England's Lake District



View on Derwentwater.

THE lake district of England, one of the most beautiful of regions, always has been a favorite resort of American tourists, not only because of its natural attractions, but also on account of its literary associations.

First among recorded tourists to Lakeland was Gray, the poet, author of the "Elegy in a Country Churchyard," says "Country Life." He visited the Westmoreland and Cumberland lakes in 1789, the year before Wordsworth, the most outstanding among the lake school of poets, was born. He discovered the lakes, alike in a touring and literary sense, and being essentially of the eighteenth century, he fled from them and the grandeur of their scenery in dismay. For not then had the picturesque been invented. The beauties of wild nature were not appreciated, and had they been the roads of that age and the lack of proper accommodation were powerful deterrents.

But for close upon a century Lakeland has been a greatly appreciated touring ground. Scenery and the literary associations with Wordsworth, Southey, Coleridge, De Quincey and their circle, have attracted every type of holiday maker. First came the vacation reading parties of university students, then the honeymoon couples, to whom the Low Wood Hotel, Ambleside, was once, in a sense, sacred; and then the railways brought tourists from far and near. But not until the automobile came upon the roads was Lakeland comfortably or thoroughly to be explored.

The tourist by motor car here has choice of every kind of road, or no road, and may, if he will, take his sport in pass-storming with the most adventurous, or take his sight-seeing along roads as good as any in this country. It is all a matter of taste and inclination. The ideal way of seeing Lakeland is undoubtedly that of selecting some central spot at which to stay and taking from it daily, out and home, excursions. This is so for several reasons; chief among them that of the somewhat limited area of the lake district, which may be stated at about thirty miles square. The lakes figure so largely in popular imagination that this will seem scarcely credible; yet any reference to maps will prove the truth of it. But it does not follow from this sheer matter-of-fact measurement that this region is easily seen or soon exhausted.

Grasmere in the Center. Exactly in the center of the lake district is Grasmere, central geographically, and in its interest, for it was Wordsworth's home, and in its churchyard he lies.

There are five recognized centers for tourists in these regions: Windermere, Ambleside and Grasmere, about equidistant, some four miles from one another; Keswick, thirteen miles further north, and Coniston, somewhat isolated, seven miles southwest of Ambleside. It would be a thankless task to declare any preference among these, but we will take Grasmere as the very focus of the lakes.

Grasmere village is a sweet and gracious place. Here Wordsworth resided for more than fifty years. His later homes here are not accessible, but Dove Cottage, where he wrote his earliest and best, has been preserved as it was in his day, and is the resort of literary pilgrims, while the unpretending church beside the River Rotha is much the same as he knew it. That is an interesting day trip, along excellent roads, which takes us north to Cockerthorpe, the old market town at the extreme northerly edge of Lakeland, where his birthplace, in Main street, is still shown.

The way runs by Dunmail Raise to Wythburn, whose little church, one of the smallest in England, is neighbored by the Nag's Head Inn, where the old dalesmen and their wives put up their horses while attending service in olden times. The road then runs alongside Thrimmer, with the imposing mountain, Helvellyn, 3,118 feet, on right. Keswick town comes next; a considerable place for this part of the country, and with an oddly foreign appearance, caused chiefly by the church-like building (really the town hall) in the middle of the street. The chief industry is the making of lead pencils.

Derwentwater Loveliest Lake. But Derwentwater itself is the real reward of the journey. It is generally considered the loveliest of all the lakes, and it is also the most accessible, a good road encircling it. Beyond Keswick we pass Greta Hall, once the home of Southey, and come to Bassenthwaite Water. Preferably taking the left-hand road, Skiddaw, 3,064 feet, is seen across the water. Cockerthorpe is some six miles further.

Returning from that town, the other side of Bassenthwaite Water may be taken, and the rest of the way back to Grasmere is identical with the outward run. The distance, including the circuit of Derwentwater, is about seventy-six miles.

But Derwentwater is worth a mere leisurely trip, for its own sake. The trip from Grasmere to Keswick and the circuit of Derwentwater and back is thirty-five miles. The advantages are with the tourist proceeding to Keswick and there turning left and past the church, following the eastern side of the lake to Lodow, where the "Falls of Lodow," sung by Southey, will be found. Beyond we come to Shepherd's Crag, overlooking the road, and past the Borrowdale hotel and the narrow pass called the "Jaws of Borrowdale," which rocks so greatly alarmed Gray 150 years ago. At Grange where the River Derwent flows out of Derwentwater, the road abruptly turns, to follow the western lakeside. In the pleasant vale at Grange is that giant rock, the "Bowler Stone."

The peculiar advantages of staying at Grasmere are many. Not least among them is that within five miles you have not only Grasmere itself, rivaling Derwentwater for loveliness, but Rydal Water, and the town of Ambleside, with Windermere, the largest and most popular of the lakes beyond. All are within an easy walk for the tourist staying at Grasmere, who will scarce take out his car when he can indulge in pleasant footpath rambles for a change.

The car is for farther afield. For example, the run to Penrith, along Ullswater. The out and home run is fifty-six miles. The best way from Grasmere is to take the Windermere road, as far as Waterhead; thence turning to the left and up to Troutbeck. The nearer route, up from Ambleside to Kirkstone Pass, is an exceedingly steep climb, but it can be taken on the return.

On the way to Ullswater the gloomy little mountain town of Brothers Water is passed, and then comes the descent to pleasant, sunny Patterdale. Here the seven miles long lake of Ullswater, the second longest of the lakes, begins, skirted all the way by a delightful road, with the waterfall of Alra Force midway, spouting from its woody glen. Ullswater ends at Pooley Bridge, whence it is seven and a half miles into the quaint old market town of Penrith, passing Yanforth Hill, now a farm house, but a good surviving specimen of the fifteenth century fortified border residence; and thence over the ancient Elanet Bridge, built in 1425.

FACTS AND FIGURES OF WAR

Immensity of Supplies Needed in Modern Conflict Revealed by Sir Douglas Haig.

These are some of the amazing facts in Sir Douglas Haig's final dispatch: General headquarters received 9,000 telegrams in one day, and 3,400 letters by dispatch-riders. One army headquarters had 10,000 telegrams in a day, and the daily telegrams on the lines of communication were 23,000.

There were 1,500 miles of telegraphs and telephones, and 3,888 miles of railways, on which 1,800 trains ran weekly.

In six weeks 5,000,000 rations were supplied, by our armies in France, to 800,000 civilians in the relieved areas. Two hundred tons dead weight of supplies and stores were required daily for the maintenance of each division.

The total daily ration strength of our armies was 2,700,000. An addition of one ounce to each man's rations represented an extra 75 tons.

Over 400,000 horses and mules and 46,700 motor vehicles were used, and 4,500 miles of road made or maintained.

In 1914 there was one machine gun to 500 infantrymen in the British army; when peace came there was one machine gun to 20 infantrymen.

Over 700,000 tons of ammunition were fired by our artillery on the western front from August, 1919, to the armistice.—Montreal Herald.

Children's Spending Money. The practice of doling out money to the children by dribbles, when they tease for it, and without holding them to any responsibility in the matter of spending it, is undoubtedly responsible for most of the prevalent unthrift among our young people. It is quite natural that this childish attitude toward money should continue even into the period when the young person becomes a money-earner on his own account, and oftentimes, into his adult life as well.—Thrift Magazine.

THIS WOMAN SAVED FROM AN OPERATION

By taking Lydia E. Pinkham's Vegetable Compound, One of Thousands of Such Cases.

Black River Falls, Wis.—"As Lydia E. Pinkham's Vegetable Compound saved me from an operation, I cannot say enough in praise of it. I suffered from organic troubles and my side hurt me so I could hardly be up from my bed, and I was unable to do my housework. I had the best doctors in Eau Claire and they wanted me to have an operation, but Lydia E. Pinkham's Vegetable Compound cured me so I did not need the operation, and I am telling all my friends about it."—Mrs. A. W. BRINER, Black River Falls, Wis.

It is just such experiences as that of Mrs. Briner that has made this famous root and herb remedy a household word from ocean to ocean. Any woman who suffers from inflammation, ulceration, displacements, backache, nervousness, irregularities or "the blues" should not rest until she has given it a trial, and for special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass.

I am well! your chickens and stock well? If not—Give them Bee Dee Stock & Poultry Medicine

BILIOUSNESS Caused by Acid-Stomach If people who are bilious are treated according to local symptoms they seldom get very much better. Whatever relief is obtained is usually temporary.

FATONIC FOR YOUR ACID-STOMACH WE LICK IT WE LIKE IT EDGERTON'S MEDICATED SALT BRICK Cures most trouble in horses and cattle. Fatigues them and keeps them fat. Results guaranteed or money back. Made of 80% salt, balance 5 different kinds of drugs. Weighs 3 lbs. Blocks 5 lbs. Stays hard. Nearly all merchants have it.

Edgerton Salt Brick Co. Goldsboro, N. C.; Atlanta, Ga., and Memphis, Tenn. Salesmen wanted.

AN EPIDEMIC OF FLU is predicted. You cannot cure the flu, but you can PREVENT it. Keep your system thoroughly cleansed and purified and FLU germs (which thrive in silt), will not affect you.

COVINGTON'S CASTOR-JELL 99% PURE CASTOR OIL taken regularly, will keep you clean and well.

Children's Coughs may be checked and more serious conditions of the throat often will be avoided by promptly giving the child a dose of safe PISO'S

DREADED FOR NIGHT TO COME

Texas Lady, in Pretty Bad Fix, Heard of Cardui, Tried It, And Now Says It Saved Her Life.

Chilton, Texas.—Mrs. Mary Reese, of this place, states: "Some time ago I was quite sick and suffered a great deal. I had been suffering quite awhile. . . . At times I had such severe pains in my back, across my hips and in my sides,—I was in a pretty bad fix. . . . was so restless I dreaded for night to come."

Having heard of Cardui, I thought I'd try it. . . . I commenced to get better with my first bottle. I took six bottles of Cardui, and will tell any woman what this Cardui Home Treatment can and will do if taken according to directions. We not only feel it cured but. . . . most likely saved my life. I am able to do my work with ease and know Cardui did it."

Cardui has been found to relieve many womanly pains and ailments, and thousands of women have written to tell of the benefit it has been to them, in cases of female troubles and weakness.

Cardui is prepared from mild, medicinal ingredients, which act as a tonic and help build up health and strength in a natural manner. Try Cardui. At druggists.—Adv.

Coming Events. "The extraordinary things of yesterday will be the ordinary things of tomorrow," remarked Justice Darling recently. "Already I can picture little Tommy waking up in the night and crying: 'Mother, I hear something on the roof!' and hearing mother answer: 'Go to sleep; it's only your father taking off his shoes to sneak through the skylight. He's just come home from his club in his airship.'"—Pearson's Weekly.

INDIGESTION GOES, GONE! "Pape's Diapepsin" at once fixes Your Sour, Gassy, Acid Stomach

Stomach acidity causes indigestion! Food souring, gas, distress! Wonder what upset your stomach? Well, don't bother! The moment you eat a tablet or two of Pape's Diapepsin all the lumps of indigestion pain, the sourness, heartburn and belching of gases, due to acidity, vanish—truly wonderful!

Millions of people know that it is needless to be bothered with indigestion, dyspepsia or a disordered stomach. A few tablets of Pape's Diapepsin neutralize acidity and give relief at once—no waiting! Buy a box of Pape's Diapepsin now! Don't stay miserable! Try to regulate your stomach so you can eat favorite foods without causing distress. The cost is so little. The benefits so great.—Adv.

Values of Precious Stones. Emeralds ranked with rubies and sapphires as the most costly gem of the ancient world. Then diamonds were worn in a rough state. The art of cutting the precious white stone was not discovered until the fifteenth century, when the flashing brilliance of the diamond was brought to light. Emeralds are still fashionable. They are rare, and good ones are becoming rarer. Carat for carat they are as valuable as diamonds.

PHYSICALLY FIT AT ANY AGE

It isn't age, it's careless living that puts men "down and out." Keep your internal organs in good condition and you will always be physically fit. The kidneys are the most overworked organs in the human body. When they break down under the strain and the deadly uric acid accumulates and crystallizes look out! These sharp crystals tear and scratch the delicate urinary channels causing excruciating pain and get up irritations which may cause premature degeneration and often do turn into deadly Bright's Disease.

One of the first warnings of sluggish kidney action is pain or stiffness in the small of the back, loss of appetite, indigestion or rheumatism. Do not wait until the danger is upon you. At the first indication of trouble go after the cause at once. Get a trial box of GOLD MEDAL Haarlem Oil Capsules, imported direct from the laboratories in Holland. They will give almost immediate relief. If for any cause they should not, your money will be refunded. But be sure to get GOLD MEDAL. None other is genuine. In sealed boxes, three sizes.—Adv.

Bagdad is famous for its breed of white asses. Their ears and tails are sometimes colored a bright red.

Good health depends upon good digestion. Wright's Indian Vegetable Pills safeguard your digestion and your health. A medicine as well as a purgative. Adv.

Some of the mountains on the moon are estimated to be 88,000 feet high.

Build Up With Grape-Nuts Popular for its delightful flavor and because it furnishes certain food values necessary for building the best in body and brain Users know by test "There's a Reason"