# Please Your Hair

Don't have a falling out with your hair. It might leave you! Then what? Better please it by giving it a good hair-food-Ayer's Hair Vigor. The hair stops coming out, becomes soft and smooth, and all the deep, rich color of youth comes back to gray hair.

"I was troubled greatly with dandruff until I used Ayer's Hair Vigor. It completely cured the dandruff and also stopped my hair from falling out. It serves me very nicely also in arranging my hair in any style I wish."— Miss Maggis Cook, Divide, W. Va.



Possible Expanation. Wife (at the theater)-I wonder why those impudent people across the aisle look over here so often?

Husband-I suppose they are trying to ascertain why you look over there so often, my dear.

### Just So.

"An honest man," remarked the party with the quotation habit, "is the noblest work of God."

that's a fact," rejoined the cheer ful idiot, "it might be policy to keep an eye on the self-made man."



#### CLEMENTINA GONZALES, OF CENTRAL AMERICA, RESTORED TO HEALTH. PE-RU-NA THE REMEDY

Miss Clementina Gonzales, Hotel Provincia, Guatemala, C. A., in a recent letter from 247 Cleveland Ave.,

Chicago, Ill., writes:
"I took Peruna for a worn-out condition.
I was so run down that I could not sleep at night, had no appetite and felt tired in the

night, had no appetite and felt tired in the morning.

"I tried many tonics, but Peruna was the only thing which helped me in the least. After I had taken but half a bottle I felt much better. I continued its use for three weeks and I was completely restored to health, and was able to take up my studies which I had been forced to drop. There is nothing better than Peruna to build up the system."—Clementina Gonzales.

Address The Peruna Medicine Co, of Columbus. Ohio, for instructive free

of Columbus, Ohio, for instructive free literature on catarrh.

"THE ROUNDABOUT REMEDY."

Katie Found a Cure for Her Extreme Self-Consciousne

Katle was certain that nobody loved her. Indeed, she did not see why any-body should. She was not beautiful; she was not clever; and by her dwelling upon these facts her natural shyness was gaining a morbid tinge, so that the more she shrunk from people the more she wanted to do so. When on the second day of her visit to Aunt Julia that wise woman proposed tak-ing her to a reception, the girl very nearly ran away.

"I don't know what to say when strangers talk to me," Katle confessed, "I'm not at ease with miserably. them at all. I get to thinking how stupid I must seem, and then-

"Oh, that's readily remedled," Aunt "You'll Julia interrupted, briskly. soon get interested in watching the is persons I'll show you, and I'll see that nobody annoys you." So, as the elder woman was capable and masterful, Katie made her preparations even while she protested.

Somehow the terrible moment of meeting the hostess was got over, and Aunt Julia and her niece withdrew one side. For a little while they chatted together, and then all at once Aunt Julia pointed out a young girl who seemed to be quite alone.

"She hasn't even an aunt to fall back on," Aunt Julia said, "and she looks very lonely. Why not go up and speak to her? She'd be afraid of me, I suspect, but any one of her own age could make things much pleasanter for her."

That argument was bound to be effective with a kind-hearted girl, and Katle responded to it. Not stopping to think about herself, she did approach the stranger, and after a time they two made up to a third girl, who seemed to have no friends. Probably Katie said nothing particularly witty or wise, but she was so anxious to show good-will that the other girls were compelled to help her by answering in kind. She bade them good-by at last unwillingly, promising to meet them again, and Aunt Julia smiled to

hear.
"You don't seem so wretched as you expected to be," Aunt Julia said..

"Why, no," Katle responded, bright-

ly. "Tve had a lovely time."
"Exactly," nodded the elder. "That
was because you stopped thinking
about yourself and thought for other people. The only sure way to be happy is to try to cheer up some one who is worse off than yourself. Morbid and self-conscious people especially need to remember that. It's the only

This is "the roundabout remedy." «s at another time her aunt called it, that proved effectual in Katle's case. Nor is it "roundabout" in the sense that one must go far out of one's way in order to help oneself by helping others .- Youth's Companion.

cure for their disease."

### Never Hatched.

A vegetarian strayed into a New York restaurant one morning and sat down at table beside a man who was eating breakfast, says the Sunday Magazine. There he took occasion to spread the good work by warning the stranger against "making a graveyard of his stomach."

"But," protested the stranger, "I seldom eat meat."

"You have just ordered eggs," said the vegetarian, "and an egg is practi-cally the same as meat. It eventually becomes a chicken."

"The kind of eggs I eat never be-come chickens," said the stranger

"Impossible!" exclaimed the vege-"What kind of eggs do you tarian. eat?"

"Bolled eggs," replied the stranger.

We know of plenty of women who, in 99 cases out of 100, are polite, use ful and agreeable, and yet who seem to cultivate one little bad habit that causes their friends to forget all their good habits. If we had but one bad habit, we would try to conquer it.

The line under the horse's tall causes more runaways than automoReversing Things.

Tom-Fred tells me he is going to marry that rich young widow next week.

Jack—He isn't going to wait 50 years,

Tom-Wait 50 years for what? Jack-His golden wedding.

## CASTORIA

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Undestrable.

Miss Gushing—I suppose you find life bed of roses, Mr. Millyuns? Young Millyuns—I should hope not. Miss Gushing—Why do you say that? Young Millyuns-Because a rose bed anything but clean.

Mothers will find Mrs. Winsiow's Soothing Syrup the best remedy to use for their children during the teething period.

#### Retort Courteous

Miss Elderleigh—What! Your baby 10 months old and can't walk yet! Why. I could go it alone at the age of 7 onths.

Mrs. Youngwife—Yes, and I notice you have been going it alone ever since.

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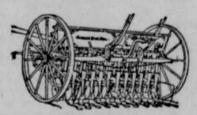
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