

Just try this Coffee



SEAL BRAND COFFEE

In 1/2, 1 and 2 pound cans. Whole-ground-pulverized—also Fine Ground for Percolators.

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water before breakfast to wash out poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well.

Folks who are accustomed to feel dull and heavy when they arise, dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels, the previous day's indigestible waste, sour bile and poisonous toxins, thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.

GERMAN FLEET REPAIRED

Kaiser Thanks Shipyards For Completing Work So Soon.

Berlin, Sept. 23.—The Emperor has issued a circular letter of thanks to the German shipyards which have already completed repairs on the ships damaged in the Jutland battle.

"In a surprisingly short time the armor has been repaired, new guns have been mounted and apparatus and instruments have been supplemented so that the fleet was already able weeks ago again to undertake battle."

It requires more than a century for a cedar tree to grow large enough to yield a thirty-foot telephone pole.



ROYAL YEAST

THE CONFESSIONS OF ROXANE

By Frances Walter.

WE MOVE TO FINER QUARTERS.

(Copyright, 1916, by the McClure Newspaper Syndicate).

In an hour we had transferred our belongings from the rather dingy room in the second-class hotel to more pretentious quarters in one of the best downtown establishments.

"This is so much more convenient," he objected. "If you have a place of your own you will always be in a stew about the maid or the grocer or the milkman, and half the time you won't have anyone to help you get dinner. The result will be that when I come home I shall find you all hot and disgusted and not at all like yourself."

"But this isn't home," I insisted, gazing about our narrow quarters. "Of course it is. You will have everything you need here. All you will have to do will be to press a button or lift the telephone receiver and all your wants will be attended to."

"But after all it is a hotel," I replied. "It is not home. There is not the privacy of home. There will not be that feeling of mutual dependency which comes upon couples when they establish a nest of their own. Don't you remember how much closer we were to each other in the little place which we used to have? Don't you realize how different it was from a hotel?"

"It was a nice place and we were very happy there, Roxane," he replied. "I admit that, but you do not seem to understand that I am considering you chiefly in making this arrangement. It might even be more comfortable for me if we had a home of our own, but I am not thinking of that. I am thinking of you. You will have nothing to do here except amuse yourself. You can go out every day and never worry about what you are going to have for dinner, and if the maid quits you won't have to bother because there are so many maids here that one will not be missed."

"I saw that he was determined to have his own way about it, so I made no reply. After a few moments of silence, Arthur spoke.

"Of course, if you do not like it we can try your plan, but let's give the hotel a trial first. I am sure that in a few days you will feel so much at home that you would not move under any ordinary circumstances."

"Very well," I agreed. Arthur came over and kissed me. "You look tired," he said. "You must have worn yourself out on that foolish search for an apartment. Tell me all about it."

"Well, in the first place, it wasn't foolish, because I happened to meet an old friend whom I might never have met again had I not been house-hunting."

"Who was it?" "Mariam."

"Who is Mariam?" "Why, how short your memory is, Arthur," I said a little impatiently. "Don't you remember Mariam, who was in the train wreck with me, and whom we knew later in New Orleans?"

"I believe I do remember her now," he said. "A little dried up, sickly thing, wasn't she?"

Minnesota, which has kept a thrifty hand on many of its natural resources, will receive for a quarter just ended \$250,000 in royalties from iron ore mines, the money going to the permanent school and other state trust funds.

The white poplar has been used as a natural lightning rod.

A new French three-handed watch tells both twelve-hour and twenty-four-hour time, one hour hand being used for each kind on separate dials, while a single minute hand does for both.

Argentina is constructing a single irrigation system which will cost \$60,000,000.

The tusks of an African elephant sometimes weigh as much as 100 pounds and reach nine feet in length.

A burglar on being frightened from a building in Exeter, N. H., fled, leaving an automobile behind him.

About 1,100 kinds of insects make their homes in the oak tree.

London, Sept. 23.—A small plaque with the Canadian arms on carved oak, and finely wrought with beautiful colors, is being sent by the Canadian government offices to Petrograd, to be placed in the Anglo-Russian hospital, Canadian ward.

The plaque is the work of a young Canadian artist.

Had Terrible Pains in Kidneys and Back.

"Dear Mr. Editor—I want to write you about 'Anurie.' I was very sick, could hardly be up; I was in bed most of the time. Had terrible pains in my kidneys and back, so much so that I had to lie down and wanted to get up, the pain was so great. I had tried a well-known kidney medicine but it didn't help me. I heard of Dr. Pierce's Anurie Tablets so I thought I would try them. I took only one box of the Tablets, and my back is now free from pain. And I can work and take care of my family. I feel I cannot say enough for this medicine. Sincerely, Mrs. W. K. L. L."

Note: This "Anurie" is adapted especially for kidney complaints and diseases arising from disorders of the kidneys and bladder, such as backache, weak back, rheumatism, dropsy, congestion of the kidneys, inflammation of the bladder, scalding urine and urinary troubles. The physicians and specialists at Dr. Pierce's great Institution, at Buffalo, N. Y., have thoroughly tested this prescription and have been with one accord successful in eradicating these troubles, and in most cases absolutely curing the diseased kidneys.

Patients having ones used "Anurie" at Dr. Pierce's Invalids' Hotel, have repeatedly sent back for more. Such a demand has been created that Dr. Pierce has decided to put "Anurie" in the drug stores of this country, in a ready-to-use form. If not obtainable send one dime by mail to Dr. Pierce for trial package or 50 cents for full treatment.

Dr. Pierce's Golden Medical Discovery is a blood cleanser and alterative that starts the liver and stomach into vigorous action. It thus assists the body to make rich, red blood, which feeds the heart, nerves, brain and organs of the body. You feel clean, strong and vigorous.



Arthur came over and kissed me. "You look tired," he said.

"Yes. That is, she was dried up and sickly, but she is no longer like that. She is the plumpest, healthiest, happiest, and prettiest little girl you ever could want to meet. She has changed completely. You wouldn't know her now."

Arthur was silent for a moment. I could see that he was thinking unpleasant thoughts.

"Who was that man who was with her in New Orleans? Was it her father?" "No, her uncle, Mr. John Gordon."

"Oh, that's the fellow," said Arthur sourly. "I recollect now. I remember also that I didn't like him."

"Why, Arthur, how impatient you are tonight. Mr. Gordon is a very fine man."

"No doubt. There are many fine men who I do not like. He is one of them. I did not like him the first time I saw him, and I think the feeling never left me."

"But you must like him," I urged. "He is Mariam's uncle, and Mariam is about the best friend I have. She is a darling."

"Perhaps she is, but many darlings have uncles who are not darlings."

"How silly you are! I want you to be sent to Petrograd."

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Some people believe in nothing—or, at least, in only what they can understand, and it may amount to the same thing. The Mexican seacoast on the Pacific and the Gulf of California is 4,574 miles.



Out today New Victor Records for October

Caruso sings "Santa Lucia"

The most charming of Neapolitan folk songs. It is given an exquisite presentation and reveals the great tenor in a mood that delights the listener. Victor Red Seal Record 88560

"Then You'll Remember Me" by McCormack

An old favorite which partakes of a new sweetness and charm that will appeal to all lovers of this delightful operatic ballad. Victor Red Seal Record 64599

Maud Powell plays "Humoresque"

Mme. Powell gives an excellent rendering of this favorite tone poem and seems to find new beauties in it. Victor Red Seal Record 74494

Emmy Destinn and Maria Duchene give a duet from "Pique Dame." Journet sings a Cossack war song. Selections by Homer, Martinelli and 70 others including

- 4 lively band medleys
6 charming orchestral numbers
2 Pietro accordion selections
2 haunting Hawaiian melodies
2 corking banjo solos
12 rollicking dance records
20 popular song hits
2 delightfully humorous poems
2 selected children's records
8 songs of good fellowship
4 interesting choral numbers
3 fascinating violin solos

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Victrola

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"LOW COST OF LIVING" MENU

- Menu for Friday
BREAKFAST: Baked Corn of Choice, Stewed Peas, Coral Eggs, Warm Parkerhouse Rolls, Fruit Butter, Coffee or Cocoa.
LUNCHEON OR SUPPER: Squash Fritters, Potato Cakes, Cabbage Relish, Escalloped Apples, Milk or Tea.
DINNER: Chicken a la King, Baked Weakfish (Sea Trout), Mashed Potatoes, Succotash Hash, Beet Relish, Baked Peach Pudding, Coffee.

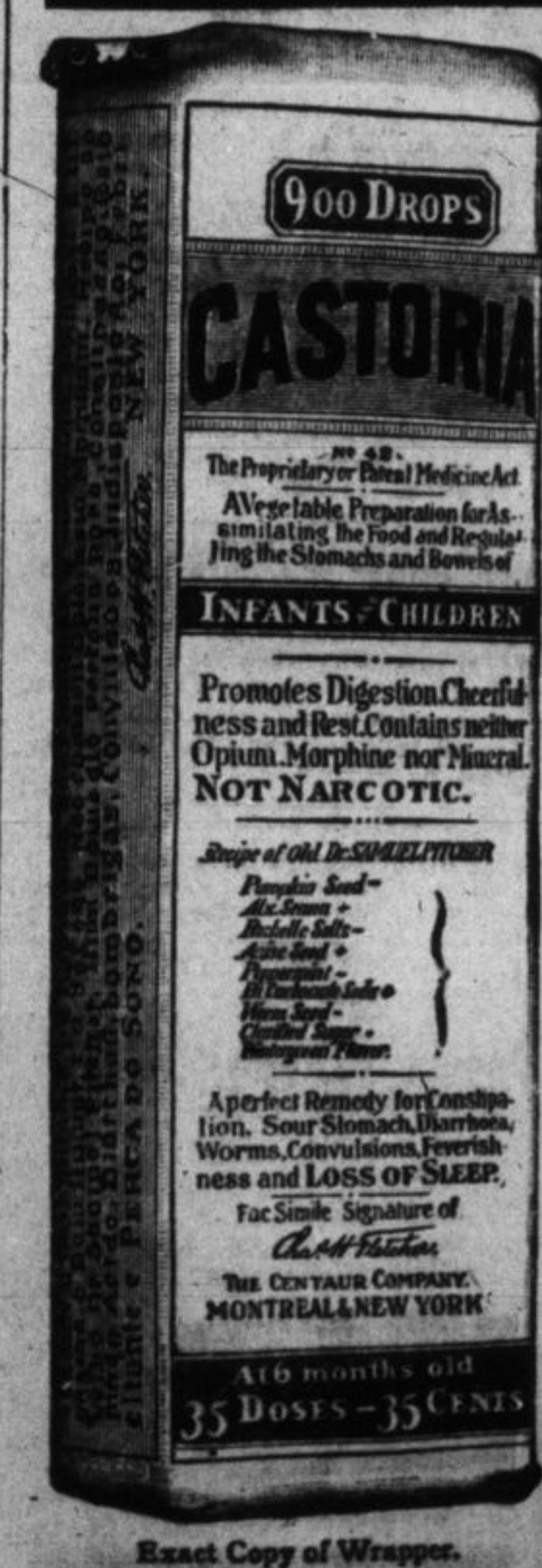
Coral Eggs Materials—One cup strained tomatoes, 3 eggs, 2 thin slices bacon. Utensils—Frypan, measuring cup, egg-beater, silver fork, 6 pieces of toast. Directions—Put the bacon in frypan and fry until crisp; remove and put the tomatoes into the drippings; heat through. Beat the eggs until well mixed; season to taste with salt and pepper; pour into the hot tomatoes. As soon as it begins to set, stir with fork, same as scrambled eggs. Serve on round of wet toast; sprinkle with parsley.

CAPT. L. C. LOCKETT

Acted As An Officer of Canada Masonic Lodge In London. A London cable to the Montreal Gazette says: "Capt. L. C. Lockett, of Minden Lodge, Kingston, Ont., acted as one of the officers of the Canada Lodge, Tuesday, Sept. 23."

Gray, of St. George's Lodge, Kelowna, spoke as a visitor. In the absence of W. M. Capt. MacLeod Moore, now on active service in France, W. M. G. McLaren Brown presided over the initiation ceremony, which included initiation of eight members of the Canadian expeditionary forces. The lodge voted \$110 to the Canada Lodge ward in the Perkins Bull convalescent hospital."

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CASTORIA For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of

Dr. J. C. Hutchins In Use For Over Thirty Years.

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Coal The kind you are looking for is the kind we sell. SCRANTON COAL. Booth & Co. Foot of West St.