NOTICE TO SICK WOMEN

Positive Proof That Lydia E. Pinkham's Vegetable Compound Relieves Suffering.

Bridgeton, N.J.—"I cannot speak too highly of Lydia E. Pinkham's Vegetable Compound for inflammation and other weaknesses. I was very irregular and would have terrible pains so that I could hardly take a step. Sometimes I would be so miserable that I could not sweep a room. I doctored part of the time but felt no change. I later took Lydia E. Pinkham's Vegetable Compound and soon felt a change for the better. I took it until I was in good healthy condition. I recommend the Pinkham remedies to all women as I have used them with such good results."—Mrs. MILFORD T. CUMMINGS, 322 Harmony St., Penn's Grove, N. J.

Such testimony should be accepted by all women as convincing evidence of the excellence of Lydia E. Pinkham's Vegetable Compound as a remedy for the distressing ills of women such as displacements, inflammation, ulceration, backache, painful periods, nervousness and kindred ailments.

TYPHOID is no more necessary than Smallpox. Army experience has demonstrated the almost miraculous efficacy, and harmlessness, of Antityphoid Vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, druggist, or send for "Have you had Typhoid?" telling of Typhoid Vaccine, results from use, and danger from Typhoid Carriers. Producing Vaccines and Serums under U. S. License. The Cutter Laboratory, Berkeley, Cal., Chicago, Ill.

Are You The Man who will buy a 25x150 foot lot for $100 on the 101 Ranch at Bliss, Oklahoma, and receive free a $25 share of stock in a $10,000,000 oil company with 2640 acres of oil leases? Well being drilled now. Guaranteed by Miller Brothers, owners of the 101 Ranch. Write today for prospectus.
Bliss Oil & Development Company
905 State Nat. Bank Bldg., Oklahoma City, Okla.

DEALERS—BIG PROFITS—WRITE

MONKEY GRIP
NO LEAK NO CREEP
MOCO SELF VULCANIZING FABRIC PATCH

You Can Make Money in Wall Street
It is as much of a science as farming. It requires a deep knowledge,—scientific advice. The
Wall Street Review
published every two weeks—gives you advice based upon facts. Careful reading will tell you what to buy—when to sell. Send 25c coin or stamps for three months' trial subscription—and see how easy it is to make money. Wall Street Review, 44 Broad St., New York City

PARKER'S HAIR BALSAM
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and $1.00 at Druggists.

REASON FOR HIS CONDITION

Beggar Discloses Earlier Calling Which Made It Impossible for Him Ever to Work Again.

There was a beggar who sat at the gates of the city crying, Alms! Alms! and making piteous moan. And there were many of great riches who saw him daily and merchants laden with silks and spices and fresh eggs and potatoes going their way to the city markets to barter, but they gave him little heed and few alms.

Cometh a day when a aft dame paused to give him her pity, to spend a moment and pay him her regards, not to give him of coins and of pieces of gold not any.

And she inquired of him, saying, Lo, thou art in rags and the blight of sloth is upon thee. Thou takest little pains with thy personal appearance and thou art lazy as no man was ever lazy before. Hast it ever been thus with thee or how didst thou come to such?

And he made answer, I once had a city political job and I've never been able to go back to work since!—Roy K. Moulton in Topeka State Journal.

The Other Goose.

The small girl stood outside the munition works at closing time. Presently she espied one of her father's workmates and approached him.

"Please, Mr. Jones, mother says will you give this label to father when you see him? He's won a goose at the raffle at the Rake and Raspberry."

"Right you are, missie! But he won't want a label; he's going to fetch it from the Rake and Raspberry and carry it home tonight."

"Yes, I know. That's why mother's sent this addressed label. It ain't for the goose; it's to put on father!"

In China and Japan men and women of all classes, carry fans.

Have your own opinions; do not let them have you.

The answer to the Health Question often lies in a change of table drink

HEALTH Drink POSTUM FIRST

FOODSTUFF IN WAR TIME

By DR. SAMUEL G. DIXON,
Commissioner of Health of Pennsylvania.

Food makes the sinew of war.

During the activities of a war such as the world is now experiencing, millions of men and women are engaged in manufacturing munitions for every requisite of warfare, both on land and water.

Food supplies the very sinew of war, therefore, the guarding of meat, milk, vegetables and grain becomes one of our imperative measures of defense.

These essentials will have to be looked after to supply those active at the front and those guarding the great treasures of our republic.

Unfortunately, at the present maybe more than ever before in the history of the world, our people are restless and demand to be entertained. They do not today, as much as in former times, make their daily occupations their play. For this reason they flock to the centers of population to be amused by various forms of entertainment. This robs the farms and gardens of our country, which we can ill afford at such a time as this.

With these conditions staring us in the face, our attention is turned to a serious condition which threatens a nation that may be long engaged in active warfare. No one can guess the length of time the United States of America will be involved in protecting herself from foreign interference with her national rights. Today, therefore, is the time to begin to economize in the use of foodstuffs.

Gardening and farming furnish health and profitable activities for women. If many idle women, and those who engage in sports of various kinds simply to pass away the time, should become active and spend their time in some useful occupation, such as gardening, it might be more profitable to them physically, mentally and morally, and of inestimable value to their country.

This is the time of all times for the leaders of society who are influential, to induce all those engaged in frivolous habits to make gardening and farming fashionable.

Competitive farming and gardening by women would help to maintain their health, and in many cases make the weak strong. With better health they would find the burdens of life becoming lighter and the nation would become stronger.

Wonders of a Mirage.

The published statement of the explorer Donald B. McMillan that the Arctic land mass which Admiral Peary reported and named Croker Land was but a mirage has stirred new interest in this strange phenomenon, which can deceive an experienced observer into the belief that he sees plains and mountains where there is nothing but a few clouds. The mirage is due to the appearance of small objects seen through layers of air at different temperatures, which bend the rays of light and distort the image, much as the image of a pencil half submerged in water is distorted. A typical mirage is often seen in the deserts of the southwest, where it becomes quite cool at night, and the sun brings a sudden change in the morning, so that temperature layers are created. As a result small bushes appear as great trees, with their doubles below them, as though mirrored in still water. It was a similar phenomenon which magnified a cloud bank to look like a continent.

Piano stools that are adjustable to several angles as well as heights have been patented by a Chicago inventor.

ANSWERING WAR CALL OF HER COUNTRY

The girls and young women of the country are responding in large numbers to Uncle Sam's call for aid. This photograph, which was taken at Oakland, Cal., shows a naval surgeon examining a young woman who offered her services to the naval reserve. The young women will take the places of men in the yeoman, wireless, first-aid and similar services. The physical examination for young woman applicants is not strenuous. Their heart movement is examined and they usually pass the test.

EXTERNALS

By GEORGE MATTHEW ADAMS.

The Externals of life are but the Eye Hobbies of transient Humans. So that whatever counts with the Eye today will have little standing with the Soul tomorrow. For Character is the only thing that is really permanent. And—

Character grows from Within.

The very experience of the Universe pays daily tribute to this fact. The inspirers of our Race and Time were men and women who sought eagerly for the things that endured—in Character and great Works. For the Externals they had neither time nor desire. They started to build from the Foundation truth that—

Character grows from Within.

Are you troubled or worried or made envious by the Externals? Does selfish Pleasure attract you? Are you held in the fascination that extravagant display of Dress, Money, Knowledge, or Social or Public Power many times affords? Smile and be happy in the Knowledge that more than these may be easily yours, and that for YOU—

Character grows from Within.

Campaign for Improvement Of Health Among People of Rural Districts Is Started.

One of the most important conservation campaigns undertaken in the United States is that started by the committee on health problems of the National Council of Education, under the guidance of Dr. Thomas D. Wood, professor of physical education in Teachers' college, Columbia university. The campaign has for its purpose the improvement of health in the rural districts of the country.

After careful investigation, Doctor Wood has found country school children less healthy, on the average, than city children. The reasons he believes to be largely found in careless disposal of waste matter in the country, in contaminated water, in insufficient ventilation, in unbalanced rations, and in failure to have children examined by physicians and dentists.

Doctor Wood and his committee purpose to remedy these conditions through a campaign of education in the rural schools. The improvement of conditions will be accomplished through pointing out just what is wrong with present modes of living. In the cities health regulations have been enforced largely through police power, and are still evaded by some, who do not realize the importance of sanitary conditions. In the country, thinly settled as it is, the careful enforcement of minute regulations would be impossible. Improvement there will come through education, and improvement based on education is a much more settled, more beneficial matter than improvement based on law.

New Things Under the Sun.

Bales of cement-covered straw have been used by a Colorado farmer to build a six-room house.

A new manhole guard for street work can be folded very compactly for carrying when not in use.

An Englishman has built a tugboat that is driven by an aerial propeller for use on shallow streams.

Steam from a small portable boiler is fed through hose to a new device for removing paper from walls.

A German is the inventor of a combined cane and umbrella which also can be unfolded to form a camp stool.

To remove the cocoons of certain insects from trees a loop of wire at the end of a pole has been patented.

Toothed blocks for carrying pieces of ice for which a patent has been issued are said to have advantages over tongs.

For cleaning tobacco pipes a bulb-operated syringe has been invented, the end of the tube fitting tightly over the stem.

A new lock for automobiles will secure robes or baggage on a rail or can be used to fasten the steering gear against being moved.

Electrical apparatus that warns miners of roof movements in mines in time for them to escape has been invented by an Australian.

For men who have much writing to do out-of-doors a desk that can be suspended from the shoulders by harness has been invented.

A new egg boiler for breakfast tables is operated by an alcohol lamp which holds only enough fuel to cook its contents for a predetermined time.

Mother's Cook Book

I wish that every little child, though he
be rich or poor,
May now be building memories which like
mine shall endure.
That he may save the simple things, the
human sense of cheer
That some day shall create for him a
sense of heaven here.
That after youth has left him, and when
age has brought the snow
To tinge his hair, he still may find the
days he used to know.

Cream of Cheese Soup.

Slice a large onion into a pint of boiling water and cook until tender. Remove the onion and add two cupfuls of milk with a pinch of soda. Pour this liquid over a tablespoonful of butter and flour that have been well cooked together. When it thickens, add a half cupful of grated cheese and one well-beaten egg. Season with salt, paprika and a dash of cayenne and serve very hot. Do not boil after the egg is added.

Tomato Aspic Salad.

Use two cupfuls of the juice and pulp of strained tomatoes. Season with salt, paprika, celery salt and red pepper, add a small grated onion and enough lemon juice or vinegar to give it the right flavor. Stir into this a half package of gelatine dissolved or softened in cold water, mold in cups and when firm turn out on lettuce leaves. Mask with mayonnaise.

Corn and Chicken Soup.

Use three pints of chicken stock, add a cupful of corn pulp, salt, pepper and celery salt, simmer half an hour, then add a tablespoonful of butter and a half cupful of milk. Bring to the boiling point and serve. This soup may be thickened with an egg yolk, improving it in flavor and increasing its nutriment.

Something for Everyday Luncheons.

A soup, a salad, some form of bread and a simple dessert with a drink, either hot or cold, makes a most acceptable luncheon. The age, health, occupation and weather all modify the kind of food offered.

Date Pudding.

Take a cupful of stoned dates, one-half cupful of nut meats, two eggs, a half cupful of sugar, four tablespoonfuls of flour, beat the eggs, add the other ingredients and bake in a sheet for twenty to thirty minutes. Cut in squares and serve with whipped cream. A simple dessert is made by steaming bread, buttering it and laying in a baking dish, then pouring over it hot stewed fruit of any kind.

Nellie Maxwell

For Birds.

In the tall and spreading branches of a tree growing in the back yard of a city house, says a writer in the Boston Herald, I noticed five houses for birds! Immediately the city house owning this tree assumed a personality in my eyes—and the people living in it; well, they must be pretty nice, I thought, to provide such shelter for more than their share of the city's birds. How pleased the little birds must have been to come and live with them, and how sure they must have been of their morning's crumbs! And from a viewpoint of decoration, those bird houses were really stunning. And I wondered if those nice people, in that big city house knew it!

Alaskan Dogs.

Last winter the French authorities imported from Alaska and Canada several hundred trained dogs for drawing sleds in the Vosges mountains. They proved so useful that they were employed during the summer in similar work, though they now draw the sleds on small railways. Eleven dogs with a couple of men can haul a load of a ton up some of the most precipitous slopes in the mountains. The Alaskan dog is the best, it is said. His courage never fails, and he will work till he drops.

The Fez and the Fight.

About forty years ago a youthful Serb landed in this country, and being admitted under laws which had no care as to whether he could read or write, started up Broadway wearing the red fez of the Balkans. American boys laughed at him, whereupon he rolled up his sleeves and licked them. Now Michael Idvorsky Pupin has given to the army and navy of the United States an invention to overcome the atmospheric condition known as static interference in wireless telegraphy. He does not wear a fez; he is fifty-eight years old, a citizen of the United States, a member of the faculty of Columbia university and a man of distinguished achievement. We like to contemplate the instructive and successful career of the boy in the red fez who was willing to fight—at the drop of the hat, literally.—New York Sun.

Not Unusual.

"Don't you think he was an unusual speaker?"

"No, I don't."

"Why not?"

"Because he didn't know when to quit, either."

Longer Than Expected.

"So at your request he spoke at your dinner?"

"He did."

"And did he come up to your expectations?"

"Why, he went an hour beyond it."

The New York Idea.

"Yes, I have lived in London, Paris, Cairo, Vienna, Hongkong."

"Well, well, You're a man of the world."

"But I've never been to New York."

"Oh, shucks."

WAS THIRSTING FOR BLOOD

Had Woman Not Left Her Husband at Home There Would Certainly Have Been Murder.

A gentleman—and apparently a terrible-tempered one—sat quietly near the door of a Broadway surface car as it rounded the treacherous corner at Fourteenth street in New York. It might be well to qualify the description of the gentleman by the statement that he was quiet when the car started to go around the curve mentioned. Later on he was less so.

Among the persons who got on the back platform when the car stopped at the near side was a stout woman, who, with the combination of her build and bundles, had difficulty in wedging through the door. She got in at a time when the car was describing fancy figures over the curve, and in response to one of the lunges she stepped squarely upon the feet of the quiet gentleman. Apparently he had a corn, which connected directly with his soul. He screamed once and then sat looking straight ahead, very red and very angry. One of his shoes glistened and the other resembled a mud cookie.

The woman did not go her way, but stood wavering, bundles and all, looking at her victim indignantly. He ignored her. "Why don't you get your old feet out of the aisle?" she inquired after a long stare. The man looked her straight in the eye, meanwhile clicking his lips speculatively. "Madame," he said, "if you had your husband with you I would kill him. Undoubtedly, I would kill him." After which he limped out to the platform and dropped off, apparently to be alone with his foot.

HE WANTED HIS RING BACK

And the Brute Got His Lawyer to Write a Letter Demanding Its Return.

Dear Madam: We are always grieved to see young romance shattered and irons placed upon the trembling wrists of the goddess Hymen, but when unfortunate circumstances necessarily produce such a sad happening, it is customary for the young lady to return those mementoes of affection and high esteem which have been the evidences of ligh regard and esteem of the young man during more friendly moments.

More so, it is customary for the young lady to return that pledge of the contract of engagement to enter into the bonds which bind as one the possibility for the use of which has so unfortunately been destroyed.

We therefore request, respectfully, that you return to this office the engagement ring of Mr. ——, or we shall, although most reluctantly, be compelled to institute replevin proceedings for its return.—Docket.

Chinese Princess in U. S.

Princess Der Ling, a brilliant Chinese noblewoman and a lady-in-waiting to the late dowager empress, has been on a visit to the United States, devoted chiefly to the study of American social and educational customs. The princess has been a pioneer in the advancement of women in the ancient and tradition-bound country of her birth, and is an author. She has written, in a book entitled "Two Years in the Forbidden City," valuable impressions of Chinese imperial life, so difficult of access for common mortals in the old days of the empire. She was educated in Paris while her father was Chinese minister to France, and has all the culture of the western woman in addition to the daintiness and picturesqueness of the eastern.

Unfamiliar Use of Molasses.

Molasses is not only the most important by-product of beet sugar manufacture from a financial standpoint, but is also of particular interest chemically and from the point of view of the variety of ways in which it has been utilized. Among these are cattle feeding, alcohol production and extraction processes.

In cattle feeding the molasses is mixed with alfalfa meal or beet pulp when available, as the molasses in its original state is too sticky for feeding. Alcohol and vinegar are also made from molasses in this country and abroad.—Metallurgical and Chemical Engineering.

The Best Way.

"There's one sure way of getting promoted."

"What is it?"

"To do your work so well that the firm can't afford to keep a man of your ability in an inconspicuous place."

Appropriate.

"So you came near being torpedoed on your voyage. What was your feeling when you saw the periscope of the submarine?"

"It was chiefly that sinking feeling."

The Same Thing.

"That fortune-teller called me a complete simp."

"What impudence!"

"Well, she didn't say it in just those words, but she told me I would be married three times."—Judge.

Sure Enough.

"Politicians of all nations make the claim."

"What claim?"

"That business follows the flag."

"It follows an auction flag, all right enough."

Worth While.

They tell us that not a sound has ever ceased to vibrate through space; that not a ripple has ever been lost upon the ocean. Much more is it true that not a true thought, not a pure resolve, not a loving act has ever gone forth in vain.—Exchange.

Almost Due.

Father—"Helen, isn't it about time you were entertaining the prospect of matrimony?" Daughter—"Not quite, pa. He doesn't call until eight o'clock."—Judge.

Kidney & Co.

(BY DR. J. E. WATSON)

The kidneys and the skin work in harmony. They're companions, the skin being the second partner. If we are anxious to keep well and preserve the vitality of the kidneys and, also, free the blood from noxious elements, we must pay special attention to a good action of the skin and to see that the kidneys are flushed so as to eliminate the poisons from the blood.

Sweating, by hard work or in a bath, at least once a week, helps to keep the skin and kidneys in good condition. Flush the kidneys by drinking plenty of pure water with meals and between meals. Occasionally obtain at the drug store Anuric, double strength, which will help flush the kidneys and the intestines. You will find that Anuric is many times more active than lithia and that it dissolves uric acid as hot water does sugar.

on for nearly a year. I was troubled with the womanly trouble, and the kidney trouble improved. The Pleasant Pellets have also been used with the greatest benefit."—MRS. JOHN SHAPLEY, 613 S. Fellow St.

Prescription and Discovery are put up in liquid and tablets. If not obtainable send $1.00 to Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., and he will mail large package of tablets.

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"

$3 $3.50 $4 $4.50 $5 $6 $7 & $8 ALL STYLES.

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

W. L. Douglas
President W. L. Douglas Shoe Co.,
155 Spark St., Brockton, Mass.

Just as in Life.

Booth Tarkington said, in New York, the other day:

"The average man treats spiritualism as a joke. An illustrator found out recently that I was interested in the subject, so he mushed upon me with a story about a widow who tried to get in touch with her deceased husband.

"The medium, after a good deal of futile work, said to the widow:

"'The conditions this evening seem unfavorable. I can't seem to establish communication with Mr. Smith, ma'am.'

"'Well,' I'm not surprised,' said the widow, with a glance at the clock. 'It's only half-past eight now, and John never did show up till about 8 a. m.'"

THE BEST BEAUTY DOCTOR

Is Cuticura for Purifying and Beautifying the Skin—Trial Free.

For cleansing, purifying and beautifying the complexion, hands and hair, Cuticura Soap with touches of Cuticura Ointment now and then afford the most effective preparations at the minimum of cost. No massaging, steaming creaming, or waste of time.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Beating High Cost of Living.

"Merry Ann," said H. X. Penses to his second wife last night, "this here high cost of living thing is hurting my pocket like a toothache.

"I've been thinking up ways for beating the thing for a year or two and at last I've discovered just how to do it.

"Years ago we lived better when I made less money.

"Now, why not apply the rule to household expenses?

"So hereafter I'll just cut your household allowance 50 per cent and you see to it that we live better, see?"

His doctor says he will recover and all the lawyers in Bunkville City have refused to handle his divorce proceedings.—Exchange.

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

Her First Journey.

Margaret, five years old, was traveling for the first time. She sat as if entranced by the view from the car window.

Her father, noticing the rapt expression on her face as the train sped along, said:

"What do you think of it, Margaret?"

She replied: "Oh, father! It is just like a picture book, only you don't have to turn the pages."

Don't Forget the Title.

"What's your name, little lady?"

Matilda Jones—Miss Matilda Jones, at present.

If people knew all their "in-laws" beforehand, many a match would be prevented.

Didn't Reach It.

The after-dinner speaker was a bit long-winded, and after two hours the toastmaster rapped for him to sit down.

"What did you stop me for?" he asked the presiding genius, after the affair was over.

"Why, you spoke for two hours and didn't advance a single idea," replied the toastmaster.

"Yes, but you cut me off too soon. I was coming to it."

GAVE HIS CANE AWAY!

Mr. S. P. Benton, Kerrville, Texas, writes: "For several years prior to 1906 I suffered from kidney and rheumatic troubles. Was bent over and forced to use a cane. For these disorders I am glad to say I took Doddʼs Kidney Pills, which proved to be the proper remedy. I am 68 years old, feel fine and can again stand as straight as an arrow. Doddʼs Kidney Pills deserve great credit." Be sure and get "DODD'S," the name with the three D's for diseased, disordered, deranged kidneys; just as Mr. Benton did. No similarly named article will do.—Adv.

A Surprise.

"The doctor has just told me," said the friendly neighbor, "that your husband cannot recover."

"Oh!" shrieked the troubled wife.

"Now, my dear, the question is: shall we break the news to him or let death come as a surprise to him?"

How He Got It.

"Who is that man?"

"He is a pacifist."

"Doesn't believe in fighting?"

"No."

"How did he get the blackeye?"

"Because he didn't believe in fighting."

The oyster can hold up a weight of forty pounds before its shell will open.

EAT SKINNER'S THE BEST MACARONI

TWO LARGE PACKAGES 25 ¢
MADE FROM THE HIGHEST GRADE DURUM WHEAT
COOKS IN 12 MINUTES. COOK BOOK FREE
SKINNER MFG. CO. OMAHA, U.S.A.
Largest Macaroni Factory in America

PATENTS Watson E. Coleman
Rates reasonable. Highest references. Best results.
WASHINGTON, D. C.

Carter's Little Liver Pills For Constipation

A vegetable remedy that always gives prompt relief in constipation. Banishes that tired feeling altogether and puts you right over-night, stimulates the Liver gently, but quickly restoring it to full and healthy action, and the stomach and bowels to their natural functions. Making life worth living.

Small Pill Small Dose Small Price

Genuine Signature

ROSY CHEEKS or HEALTHY COLOR follow use of CARTER'S PILLS