its merits as a most power-blood builder to the many ho have been returned to coated tongue, get rid of trouble. Let this remark-

rid your body of the im-It often cures the linger-

a herbal tonic, free from dangerous habit-forming ruggists. Liquid or tablets. ... "For a great many years troubled with nervousness

The integral trouble. I took several would flutter and I thought I was going to die. My folks sent for a doctors with erent doctors but nothing my tolks that I had but a short time to I took his medicine for a while and t did me no good, so I told my husband get to town and get me some of Doctor rce's medicine as I thought that would me. He went and gov a bottle of en Medical Discovery and a bottle of vorite Prescription and some Pellets. commenced to take them and in a 'ew ys I could see that they were helping I kept on taking them for several I don't know how many bottles I took, but I got so much better that I gould do all my housework and washing bottle of the 'Discovery' and take it, and

t helps me right away."-MRS. MARY

MCAL Set

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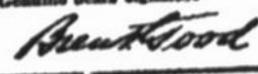
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Your

h the



have stood the test of time. Purely vegetable. Wonderfully quick to banish biliousness, headache, indigestion and to clear up a bad complexion. Genuino bears signaturo



PALE FACES Generally indicate a lack of fron in the Blood Carter's Iron Pills

Different Kind of Pitch, A wonse who thought she was a stager was walking through a dilding come workmen had left some in such a position that she swept dress against it and, of course, soile-dress, "Oh, what shall I do to off?" she said to her woman "Why don't you sing to it?" her friend, "Why, what good

Hun Music Barred.

Our Tommies, writes the anaymous other of "From Dug Ont and Billet," on't appreciate the Baches' music one little bit; they say there is no tune

The other evening they (the Boches) had a plane in their advance trenches, and we were close enough to hear the performance.

"What the blazes are you play to?" one of our chaps shouted across, "Wogner!" came the reply.

"Well," grumbles, Tonnay, "I don't wonder we're fightin' you alout IL?

Sharp and to the Point. Hammer-Mr. Tack is a witty fel-

Screwdriver-Yes; his remarks are tery pointed. For the Soldier.

Buffalo will provide recreation for selective draft soldiers in New York state camps.

Anyway the average woman knows as much about plitics as a man does about feeding a haby.

When two of more women get together, one of the things you don't hear is silence.

Save In the Use of Wheat

By eating

Grape-Nuts

All the food value of the grain is used in making this deacious food; and its blend of malted barw not only adds to ourishing qualibut produces of unusual rich-

in various branches of railroad work, heaviest manual labor requiring great to make up war-time deficiencies of physical strength. Women could not men, according to reports of the New York Central railroad, where President Alfred H. Smith has ordered the employment and training of feminine workers wherever possible in all de-

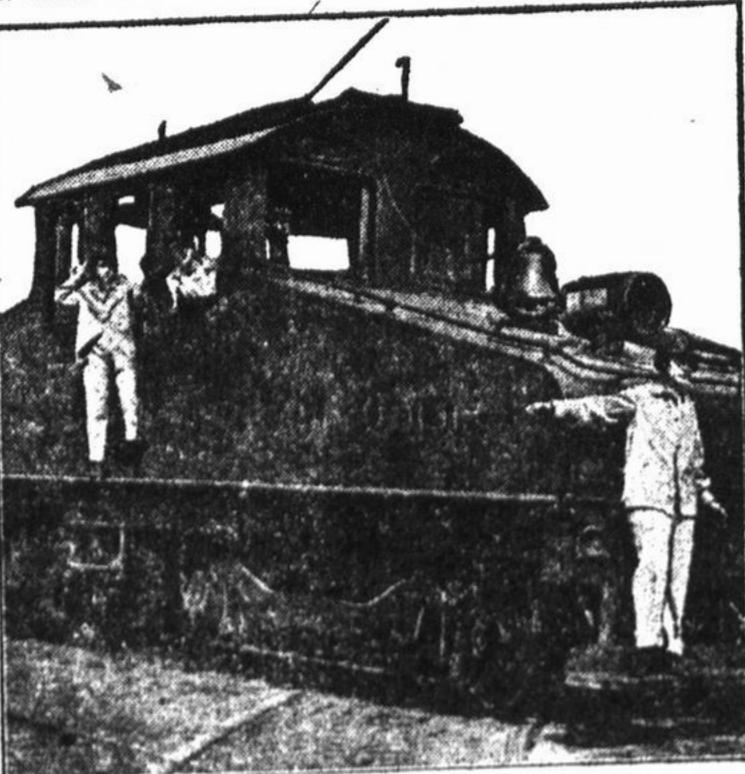
A gang of 30 women, under direction of a woman bookkeeper, is employed by the New York Central at Collinwood, O., in serting 3,000 tons of scrap, atts, steel plates, spikes, bolts, brake shoes-practically every part of a superannuated engine or a broken-

Women Get Same Pay.

n charge of operation of the New York Central, who promulgated an or-

Women have made a splendid start which a woman cannot do except the lay railway ties. They should not be called upon to do work which would overtax their strength. We are not used to the idea of the performance of manual labor by women in this country. We don't like to see women do hard work. But there is nothing about railroad work requiring skill or accuracy which women cannot do,

"Our present work is centered largely in the organization and training of women for employment by the railroads. We cannot tell how long the down car. These women examine and war will last nor how many men we sort every piece of scrap; they do the may lose by the draft. We want to be work as well as men and appear to ready. The women we are training are in many instances relatives of war employees. They have taken up rail-A. T. Hardin, senior vice president road work eagerly and energetically. Their contribution to the industrial welfare of the country will be of treder to all officers to "begin" the em- mendous benefit to women. Many ployment, and training of women for women have extraordinary energy and the various branches of the service power for constructive work which has



DOING MEN'S WORK AND PROUD OF IT.

first with the "least laborious work," war gives them an opportunity to concerning progress of the movement serve their country and themselves,

"The first rule we tald down about the increased employment of women, made necessary by the war, was this; The woman who does the same work ing equal efficiency to every field they as a man will get the same pay as a man Those women who are porting acrep get an average of \$2.50 a dayjust what a man would receive for pased generally to the work of women similar work.

"We have increased greatly the number of women employed in our auditing department. We have women in our car department to keep track of the movements of 240,000 cars. They keep a record where each car goes and what it does every day. We have put women to work in our purdd that do?" suid the singer. "You | chasing departments. We are trainays get off the pitch when you ing women to sell tickets, to act as watchmen at railroad crossings. our shops women are learning to run lathes, drills and other small tools, and we expect to employ women as assistants in stations,

Can't Lay Railway Ties. "There is no work done on railroads | their best men."

which they can perform, beginning at | never been put to practical use. The Show Equal Efficiency.

"In Europe women have proved their capacity to do the work of men and American women are demonstrathave entered.

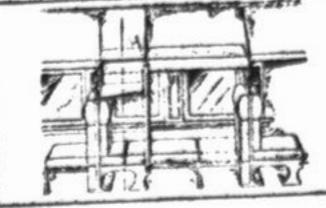
"Sir Robert Borden, pretaler of Canada, was an anti-suffragist and opin the fields pre-empted by men until the war sent men to the front and put women at work in their places, Today Canada is in a better position financially than at the outbreak of the war. And in a speech receptly Sir Robert Bergen said, Cauada owes ber

salvation to her women." "The New York Central has about \$5,000 employees, but many of them, through the nature of their work, are exempt from the draft. Many railroad men have volunteered, however. Two hundred of our finest mechanics have volunteered in engineering regiments; which will work on the railways of France. Other railroads have given

HANDY SLEEPING-CAR BERTH RAILROADS USE MUCH COAL

Invention of Montana Man Provides Aisle for Dressing-Section Hinged to Swing Upward.

The Scientific American in filmstrating and describing an improvement m a sleeping-car berth, the invention of P. R. Odell of Batte, Mont., says: "The invention is an improvement In sleeping car berths, and has for itdiject to protide a section wherein a



Improved Sleeping-Car Berth.

dressing aisle may be provided in connection with each of the berths. The upper and lower berths each have a section hinged to swing upwardly to provide dressing space and a foot board supported below the said section of the upper berth, said section and foot board being at the opposite end of the berths from the hinged section of the lower berth."

New Job for Atterbury.

the Pennsylvania railroad, has been the issue. Officials say they're safer appointed director general of trans- around machinery. Women say they're terbury is now at the front and will when the directors tried to calm arguwork in conjunction with French rail- | ment. road officials.

Shop Men Get Increase.

division of the Canadian Pacific rail- the duration of the war. The comroad have secured a new agreement pany, heretofore, has employed no one and raised wages 6 cents an hour.

Trolley Lines Help Steam Roads. The war department has ordered a map prepared showing the electric railroad lines of the country, the idea being, where possible, to relieve steam roads of excessive strain at points con-

in engineer at Stavanger, Norwa

More Than One-Fourth of Total Production of Mines Consumed in Transporting Freight.

It took 136,000,000 tons of hituminons coal, or more than one-fourth of the total production of the nines, to transport freight and passengers on the railroads of the United States in 1916. This was an increase of 14,000. 000 tons over the amount consumed in 1915, or 11.5 per cent. The combined bituminous and anthracite used by the railroads was 112.755,000 tons.

These figures are contained in a report, just made public by the United States geological survey, and lilustrate the enormous quantity of coal necessary to keep, the railroads running. The amount of bituminous coal con-

sumed by the railroads in the southern district increased from 22,000,000 tons in 1915 to 23,300,000 tons in 1916, or 5.1 per cent. The increase in the eastern district was from 56,500,000 to 62,-700,000, or 11 per cent, and in the western district from 43,500,000 to 50,000-000, or 15 per cent.

WOMEN OBJECT TO OYERALLS

Thirty Employed by Northern Pacific Say They Are Horrid-Prefer to Wear Skir's.

Thirty women lined up against the W. W. Atterbury, vice president of Northern Pacific railroad, Overalls are portation of the United States expe- horrid. "I'm a lady, even if I have a ditionary forces in France. Mr. At- man's job," one pretty worker snapped,

Give Old Men a Chance. The Atlantic Coast line will employ Federated shop men on the western men up to seventy years of age for more than forty years old.

Accident Toll 10,000.

Ten thousand and one persons were killed in railroad accidents during 1916 and 196,722 were injured, according to a compilation of figures covering the commerce commission. As usual the ted his request as we shall see in ley lines can render a big service in greater number were trespassers on ter 2.

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible if the Moody Bible Institute of Chicago.) (Copyright, 1917, Western Newspaper Union.)

LESSON FOR NOVEMBER 11

LESSON TEXT-Nebendah 1 GOLDEN TEXT-"Whatsoever we ask we receive of him, because we keep h commandments, and do these things the are pleasing in his sight."—I John 3:22.

Some twelve or fourteen years aft. the revival of the worship of Jehovi under the administration of Ezra, N hemiah led a company to Jerusalem? restore the city walls and civil authrity. The walls and gates of the cy had lain in ruins ever since they wie broken down by Nebuchadnezzar, (n this condition the remnant of pe Jews who had gone back to Jerusalan were exposed to the dangers of issaults from the surrounding enemies Not only was this exposure detrimen tal to the peace and comfort of the people, but it was a matter of severeproach to them (v. 3). Nehemi: was a man of strong character. Thou occupying a position of high honor a responsibility in the very center! the great beathen capitol, the desire bonor God was appermost in his let. He is an example to all young h. demonstrating to them that it is is. sible to be true to God regardle of

prayer and study of His Holy ard. I. Nehemiah Learns of thAffliction and Repreach of the surned Remnant in Jerusalem (vv. 1-

the environment in which he in he

compelled to live. In order for ann

unist be watered and kepfilive

through vital communion with it in

to thus stand, his life must be

In Christ, and these roots-our th

1. The time (v. 1). It s in a winter month. November or jember, in the 20th year of Artaxes. He was engaged in the performs of his necestemed duties as cuparer to the king, when the news of to bim of the deplorable conditiof Jerusaleh and the remnant wand gone

2. The comston of (xx 3). The visit of Netreminh's brothand certain men of Judah made it pode for him to inquire concerning thate of the remnant and the condist of Jerusplem. They informed I that they were in great affliction, repreach, 3. The effect upon Sulah (v. 4).

He was greatly moved the story of the distress of his brien. Though occupying a position other, and enjoying all that heart id desire, he keenly took the mitune of his brethren to heart, 110t only shed tenes of sympathy, back these burdens in prayer to C This is the proper way to sympor with the unfortunate. It is no to weep with those in distress. these who have nessents weld over Jerusalem and pri for his own. Nebeniah exhibitor spirit of true patrictism. The Jim and shame of his own peoplets close to his own heart. Natiound racial softdurity constituted real basis of patrioticia. The reach and afflictien of a nation he reproach and affletion of ever-mber thereof.

II. Nehemiah rayer for Israel (vv. 5-11). We taught that in the toldet of afflictive should pray Nebeniah in the's time practiced this New Terest direction, A sends of his pr is meet beheful.

1. It was ent (v. 4). He fasted and prayed feveral days. When men are willie deeled from food one turn aside their mengations to pray to that's are unmistability in cornect. To true fasting, More-Ir abstatute in first to not more entile fasting is when our hearts. have entered sympathy with God and his people the desire for food is removed, there is fasting which

2. The glad by 50. He plead coverint ele his and the faithfulness of the keeping his coverant. It is a good of all are in our profing to plebus with tiert. He is delighted the come as children plending to things we need on the busts & relationship to him.

3. Uns (v. C). He has as his angrettes I the welfare of Israel. tils pers interests were not affected, offer latter or for worse, by the cien of the Jews in Jeenentern, a prayers do not count with Conuse they are self-center. ed. Theplay the after selfishness of the the offers them.

4. pat (cv. 6. 7). He acknowledges the state of Israel was due to discover to God's commandments helr corrupt dealings with God, empletely had he identified himself his people that he included he with Israel as having

5. prayer of faith fer. 9, 9). He bet the word which God had spoke Moses touching his willingness estere and bless his people. though was obliged to severily fudgm. In our praying, we should he of point to some definite promse wis word, as we plead with hindith takes God at his word, ance him to it.

chinite (vv. 10, 11). a pointed to the specific people. redeemed by God's powerful

e asked that God would pros-

way and grant him mercy in the of the king. This was a wisdom on Nehemiah's part. going before men for considera-I important interests, we should ad to prepare their hearts, so that Belt on Suwannee River has been All listen sympathetically to our thrown open to settlers on easy con-This we should do in all things. re can do it, when our own hearts ing, stock raising, poultry, dairyight, and we see the good of othnd not that of ourselves. His was answered. The king

Share It With Him.

saves eggs in baking

In many recipes only half as many eggs are required, in none at all, if an additional quantity of Royal Baking Pound is used, about a teaspoon, in place of each egg omitted.

Try the following recipes which also conserve which flour as urged by the government.

Corn Meal Griddle Cakes

1% cups corn meal cup milk I tablespoon shortening I tablespoon melaases 1 teaspoon salt teaspoons Royal Baking Powder NO EGGS

Scald corn meal in bowl with boiling water; add milk, melted shortening and melasses; add flour, sait and baking powder which have been sifted together; mix well. Hake on het greased griddle until brown, (The Old Method called for 2 eggs)

Eggless, Milkless, Butterless

I oup brown sugar

is suga water

gup seeded raisins

s sunces citron, out fine

is oup abortoning

h teampoons Roya

Hoff sugar, water, fruit, shortening, east and epices together in saucopan 8 minutes. When cool, and flour and baking powder which have been sifted together. Mix well; bake in loaf pan in medarate (The Old Method [Fruit Cake] called for 2 oggs)

Send for our new booklet "55 Ways to Save Eggs." Mailed free on request. Address Royal Baking Powder Co., Dept. W., 135 William Street, New York

Spoken With Feeling. "How about your wife?"

"F.h ?" "You used to complain that she didn't know how to nurket, wonldn't

shop around, couldn't remember prices "She does now, Prices nowadays are engraved on her heart."

RELIABLE REMEDY RESTORES KIDNEYS

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder rem-

It is a physician's prescription.

Swamp-Root is a strengthening medicine. Dr. Kilmer used it for years in his private practice. It helps the kidneys, liver and bladder do the work pature intended they should do. Swamp-Root has stood the test of years,

It is sold by all druggists on its merit and it will help you. No other remedy can successfully take its place. Be sure to get Swamp-Root and start

treatment at once. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper .- Adv.

Even a strong-minded female dislikes the idea of standing up for herself in a street cur.

Housekeepers Can Save \$200,000,000 on Food

ing pinches hearly every home, no waste should be overlooked. One of the most Sagrant and the most easily prevented, is the destruction of food by rata. One rat will often do a hundred dollars' damage of food and property in a single night, and a careful estimate gives over \$200,000,000 an the value of foodstuffs destroyed annually by these pents. Externinate them with Stearns' Paste and save this engrmous loss of food. A small box of Stearns Paste costs only % cents and in usually enough to completely rid the house of rate and mire; also effective against cockreaches and waterbugs, Adv.

Women may come and women may go, but the bargain counter habit goes

Natural End. "What has become of Professor Fakem's balloon school?" "I hear it has gone up."

Important to Mothers Examine carefully every bottle of Pierce's Pleasant Pellets, They CASTORIA, that famous old remedy for infants and children, and see that it

Signature of Charly Thickers in Use for Over 30 Years. Children Cry for Fletcher's Castoria

If you think the rents rae too high in your neighborhood bire an amateur cornet player to move in.

When Memory Lasts. There is one thing a man a remembers - and that is treatment.

To keep clean and healths is

Want Cheaper Gas. Mayor Buschemeyer has started fight for cheaper gas for Lo

New York wants a law to cure less pedestrians.

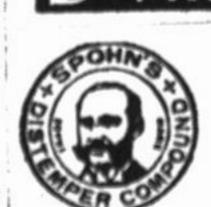
W. N. U., CHICAGO, NO. 45-11

Raise High Priced Wheal on Fertile Canadian Sol



grain growing. The Government this year is seking formers to see the creased screage into grain. There is a great demand for form labor to replace the many pound men who have volunteered for service. The climate is healthful and agreephie, railway facilities excellent, good actions in churches convenient. Write for lineauture sy to indice railway rates to Supr. of Immigration, Obtaves, Company

Canadian Government Agents



MAY BE WHOLLY AVOIDED BY USING preventive if you use it as per directions. Simple, and sure. The \$1 size is twice the quantity and an enter than the 50c size. Get your herees in heat condition late fall and winter. All druggists, harmone. ers or manufacturers. SPOHN MEDICAL CO., Manufacturers, Goshen,

Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Freemont, O .- "I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change - heat flashes, pervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared,"-Mrs. M. Godden, 925 Napoleon St., Fremont,

North Haven, Conn .- "Lydia B. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms." -Mrs. FLORENCE ISELLA, Box 197, North Haven, Conn.



LYDIA E. PINKHAM'S

VEGETABLE COMPOUND

has the greatest record for the greatest good LYDIA E, PINKHAS MEDICINE CO. LYNN, MASS.

When a rich man is seriously iii he sees a lot of people standing around waiting for his old shors.

The famous Suwannee River Land ditions. Fertile land, general farming, fruits, vegetables, pecans; copious rainfall, excellent water, good health, splendid schools, churches, railroads, cash markets, good neighbors, long growing season, cool sea breezes in

Prize Boy Farmers. Milwaukee last summer sent 326 high school boys to work on farms. All won medals,

\$100 Reward, \$100

Catarrh is a local disease greatly influ-enced by constitutional conditions. It ore requires constitutional treatment, HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the Sys-tem. HALL'S CATARRH MEDICENE destroys the foundation of the disc gives the patient strength by improving the general health and assists miture in doing its work. Sint to for any case of Catarrh that MALL'S CATARRE

Outdoor Barbering. Shaving in the street was the s Beckenham, Ireland, barber

a difficulty recently. The

was a wounded soldier, and the invalid chair was too wi the barber shop, Accorber went to his custo