

WHAT I WENT THROUGH

Before taking Lydia E. Pinkham's Vegetable Compound.

Natick, Mass. — "I cannot express what I went through during the change of life before I tried Lydia E. Pinkham's Vegetable Compound. I was in such a nervous condition I could not keep still. My limbs were cold, I had creepy sensations, and I could not sleep nights. I was finally told by two physicians that I also had a tumor. I read one day of the wonderful cures made by Lydia E. Pinkham's Vegetable Compound and decided to try it, and it has made me a well woman. My neighbors and friends declare it had worked a miracle for me. Lydia E. Pinkham's Vegetable Compound is worth its weight in gold for women during this period of life. If it will help others you may publish my letter." — Mrs. NATHAN B. GREATON, 61 N. Main Street, Natick, Mass.

The Change of Life is the most critical period of a woman's existence. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

PIISO'S
THE BEST MEDICINE
FOR COUGHS & COLDS

A REAL REGRET.



Editor—I am obliged to decline your poem with thanks. I am very sorry, but—

Poet—But what?

Editor—The management insists upon my declining all poems that way, you know.

The Awakening.

Dignified mother of prospective bride (to social editor)—And little Dorotha, sister of the bride, who is to be flower girl, will be dressed like a Dresden shepherdess, with golden crook festooned with rosebuds—

Young voice from the stairway—Ma, where is the washrag?—Judge.

Not if He Knew It.

"That's a nice little game you played on that girl in not showing up at the church when you were to be married to her."

"Well, it wasn't a tie game."

Many a big gun is a smooth bore.

SHIFT

If Your Food Fails to Sustain You, Change.

One sort of diet may make a person despondent, depressed and blue and a change to the kind of food the body demands will change the whole thing.

A young woman from Phila. says: "For several years I kept in a run-down, miserable sort of condition, was depressed and apprehensive of trouble. I lost flesh in a distressing way and seemed in a perpetual sort of dreamy nightmare. No one serious disease showed, but the 'all-over' sickness was enough."

"Finally, between the doctor and father, I was put on Grape-Nuts and cream, as it was decided I must have a nourishing food that the body could make use of."

"The wonderful change that came over me was not, like Jonah's gourd, the growth of a single night, yet it came with a rapidity that astonished me."

"During the first week I gained in weight, my spirits improved, and the world began to look brighter and more worth while."

"And this has continued steadily, till now, after the use of Grape-Nuts for only a few weeks, I am perfectly well, feel splendidly, take a lively interest in everything, and am a changed person in every way." Name given by Postum Co., Battle Creek, Mich.

Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

PUNTING HAS INCREASED IN IMPORTANCE



Otto Seiler of Illinois.

Nearly all the western conference teams have men of more or less ability in the punting line this season. Capt. Andy Gill of Indiana is probably the best in the west, his work not only being of the long distance variety, but extremely accurate. Minnesota has a man of great ability in Capron, who is said to be better than Johnny McGovern in the drop kicking line and far his superior in punts.

Illinois has Seiler, who won three games from his team mates last year merely through his ability to kick goals and who was hailed as one of the stars of the west on this account, although his work in other departments of the game was no better than ordinary.

Chicago has not a man of ability and Coach Stagg has been working night and day trying to find a player who will be able to cope with the stars of his three great western adversaries.

With the uncertainties of ground gaining in the open game, punting has increased tremendously in importance. Forward passes are at best unreliable ground gainers, while it is

almost impossible to gain consistently on line or end plays. The days when a heavy or strong team could sweep irresistibly down the field toward an opponent's goal have passed, for even the weakest eleven is able to check a heavier team if its defense is worked out properly. With the uncertainties of ground gaining under the new rules it has become almost habitual for a team to kick on its third down in case it has more than a yard or two to gain.

There is nothing more discouraging than for a team to lose the gain of ten minutes of fierce play simply through the ability of a player of the opposition to send the oval twisting and hurtling high in the air back to the place from which the march began. A fair team may make such a march twice, a good one twice, but it takes the exceptionally well coached and strong hearted eleven to try time after time, realizing that the slightest slip on the part of their offense leaves an opening for the opposing team to put the ball back to the starting line.

ASK EARLY FOOTBALL

Coaches Impress on Beginners Importance of Practice.

Preparatory School Men Have Opportunity to Show Grit Under Adverse Circumstances—First Year Tells Tale.

Early season work in football is coming to be regarded as more and more important by middle western football coaches since the rule of the conference was established prohibiting mentors from teaching their charges before Sept. 20.

In the years before the stringent regulations of the conference, when it was possible to start training in the middle of the summer, it was not until almost October 1 that practice really began, but since the time has been set for September 20 coaches, captains and veterans have impressed upon candidates for gridiron honors the absolute necessity of appearing on the field the first day and staying there throughout the season if they expect to be picked as "regulars."

Only half-hearted efforts were made to coach the veterans before October under the old regime, the early work being principally a tryout for inexperienced material. Now there is not time for try-outs and the greater part of the material which reports for practice at the big western schools is thoroughly seasoned and those men who lack experience must be content to work on the "scrub" until such time as they may show they have gained the required knowledge of the game. The freshmen and scrub teams are the preparatory schools for varsity football education and a man who has not gone through a course of sprouts on one of those two elevens has as little chance of "making" the varsity as has a man getting into college without a preparatory school training.

There are some exceptional men who may make good with the school elevens without this preparatory work, but these are the exceptions that prove the rule. More than one high school or academy star has gone to college and refrained from playing on the freshman team, thinking the grind of daily scrimmages without the incentive of a game not worth the candle. These men have relied much upon the reputations they have established as preparatory school players and find, too late, that college football and preparatory school football are as different as professional and amateur baseball.

The system of coaching is entirely different and the man who has had his name shouted by thousands of admirers in Keokuk, Iowa, or Ishpeming, Mich., finds it rather annoying to be booed around and "bawled out" by men whom he regards as having only a title of his own ability.

Early season work for the most part is devoted to learning rudimentary formations. Every school that has had a coach for more than a year or two has some sort of "system" of plays and formations and this ground-work is drilled into the men in the first work. At the end of this time they are expected to have the general plan of the coaches well in mind and are considered capable of putting into execution their slightest command.

Formerly there was a season of conditioning when the men, returning from their summer vacations, often fat, were trained down to something approaching fit physical condition. Now the man who reports for practice in anything but condition has little chance of receiving attention from the tutors. The coaches wisely decide that a man who does not care enough about the game to fit himself for the early work is persona non grata on the gridiron and the only way in which he may re-establish himself in their estimation is by working alone, getting the fat off and incidentally keeping pace with his more foresighted brothers who have not this handicap to overcome.

FIND PLACE FOR BILL LANGE

Old Chicago Outfielder is Being Touted for the Presidency of Pacific Coast League.

Bill Lange, the old Chicago National League player, and probably the greatest outfielder the world ever saw, may be the next president of the Coast



Lange and Callahan.

league. Directors are negotiating with Lange, and it is probable that he will be chosen for the position.

YALE'S WEAKNESS ON PASSES

Coaches Think Eleven Needs More Drilling on That Play—Open Style to Get Trial.

The work of the Yale football squad thus far has convinced the coaches that the team's weak point this year is likely to lie in a failure to make the most of the open style of play.

The team has failed lamentably in oft-repeated attempts to gain ground by the use of the forward pass.

In the Wesleyan game, the visitors had no trouble each time in intercepting the attempted pass and breaking



Coach Jack Field.

up the play. In that game Yale also tried to use the on-side kick without success.

While the natural thing for Yale to do might be to abandon the attempt at an open game, which never has proved of great value here, the coaches instead have determined to go ahead and try to develop the new football to the fullest extent.

UMPIRES TAKE OUT POLICIES

Venezuelan Arbiters Guard Against All Accidents, Says Armando Marsans, Cincinnati Outfielder.

In Venezuela, according to Armando Marsans, the Cincinnati outfielder, who has relatives there, the people are just as wild over baseball as in America or Cuba. The umpires down there, says Armando, are crafty. Before every game they take out accident insurance policies. The most violent rosters in Venezuela are the president and treasurer of the local insurance companies and they take no chances. They guard and protect the umpires, defending them against the crowds and, at the same time, preventing any sudden demand upon their own treasures.

"I fail to understand the American spich," complains Senor Almeida, the Mexican player on the Cincinnati team. "Senor McLean he say to me de ceter day dat I am full of prunes. Why he mak' such accusat', when he eat 't'z me an' know perfectly well I have not even touched one prune?"

Sporting Gossip.

Good day for football. Boston is still flirting with Jake Stahl.

Post mortem baseball doesn't appeal much to the fans.

The tail end of the season was more of a joke this year than usual.

But Nelson wants one more chance. They always want "one more."

Now Governor Dix is shouting for the repeal of the new boxing law.

It is now the season for a resumption of the winter baseball yarns.

Kicking probably will be more effective in football than in baseball.

Reports from Michigan indicate that the team will be better than ever this year.

Italy ought to hire Gotch to threaten the terrible ones with the toe hold.

Apparently Yale is not going to rely upon one game for a reputation this season.

Yale probably will remember how much her gorging last year amounted to, however.

Bill Bass of Richmond, Va., and naturally one of the old families, has become a "hope."

In baseball as well as in everything else everything depends upon whose ox is being gored.

According to reports, Northwestern lacks ginger in its football, while the Maroons have a Paline.

Evidently Hughey Jennings is tired of managing a team composed principally of individual stars.

After a prize fighter has gone by the thing to do is to learn how to lose gracefully and naturally.

Kutina, the first baseman for the Browns, is a wrestling partner of Frank Gotch in the winter months.

In Venezuela our national sport has taken firm root and the natives are playing it almost as well as we are.

It's almost as hard to understand the interpretations of the football rules as it is to understand the rules themselves.

Speaking of proselytizing, what about this Yale professor walking off with Battling Nelson's brother from Leonard Stanford?

Bob Dunbar, Boston's sporting expert, says Martin Sheridan undoubtedly will make the Olympic team, but he will have to go some to win any points.

Which brings out the question of when the baseball season closes. Does it close the minute the last out is made, or at midnight after the last game?

President W. H. Taft showed that he was a real fan when he presided at a presentation of an automobile in Denver to Manager Jack Hendricks, the leader of the victorious Grizzlies.

There is a lot of kicking in New York about the managerial ability of Hal Chase. Some of knackers say that with a good leader the Highlanders should have won the pennant this year.

Quick Action.
"They tell me you took a flyer in Wall street."
"Yes," replied Mr. Lambkin. "For a little while I was considerably ahead."
"How much?"
"Can't say. Before I had time to figure it up the market dropped and wiped me out."

His Losings.
"What did you lose on that wrestling match?"
"About nine-tenths of my respect for the human race."

Hood's Sarsaparilla

So combines the great curative principles of Roots, Barks and Herbs as to raise them to their highest efficiency; hence its unequalled cures. Get it today in usual liquid form or chocolateated tablets called Sarsatabs.



Rheumatic Pains quickly relieved

Sloan's Liniment is good for pain of any sort. It penetrates, without rubbing, through the muscular tissue right to the bone—relieves the congestion and gives permanent as well as temporary relief.

Here's Proof.

A. W. LAY of Lafayette, Ala., writes:—"I had rheumatism for five years. I tried doctors and several different remedies but they did not help me. I obtained a bottle of Sloan's Liniment which did me so much good that I would not do without it for anything."

THOMAS L. RICE of Easton, Pa., writes:—"I have used Sloan's Liniment and find it first-class for rheumatic pains."

Mr. G. G. JONES of Baldwin, L. I., writes:—"I have found Sloan's Liniment par excellence. I have used it for broken sinews above the knee cap caused by a fall, and to my great satisfaction I was able to resume my duties in less than three weeks after the accident."

SLOAN'S LINIMENT

is an excellent remedy for sprains, bruises, sore throat, asthma. No rubbing necessary—you can apply with a brush.

At all dealers. Price, 25c., 50c. & \$1.00. Sloan's Book on Horses, Cattle, Sheep and Poultry sent free. Address Dr. EARL S. SLOAN, BOSTON, MASS.

Grapefruit Greenery.

Effective greenery for the dining room table may be made by planting the seeds of grapefruit. Sow them thickly, and in two weeks, if the earth is good and has been kept moist in a warm place, the little shoots appear. Two weeks more and the leaves unfold, and very soon there is a mass of rich, glossy green, which is not affected by gas or furnace heat.—Suburban Life.

SPOHN'S DISTEMPER CURE will cure any possible case of DISTEMPER, PINK EYE, and the like among horses of all ages, and prevents all others in the same stable from having the disease. Also cures chicken cholera, and dog distemper. Any good druggist can supply you, or send to Mrs. Spohn, 50 cents and \$1.00 a bottle. Agents wanted. Free book. Spohn Medical Co., Spec. Contagious Diseases, Goshen, Ind.

Rivalry.

"Does your automobile go faster than your neighbor's?"
"No," replied Mr. Chuggins. "But my danger signal makes a much more disagreeable noise than his."

Constipation causes and aggravates many serious diseases. It is thoroughly cured by Dr. Pierce's Pleasant Peppets. The favorite family laxative.

You may have noticed how different men are from hogs. The latter never want to do things that are not good to them.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, &c. a bottle.

The spoke of the wheel which creaks most, doth not bear the greatest burden in the cart.—Thomas Fuller.

If You Have a Sickly Youngster Try This Free

The family with young children that is little sick in the house now and then is rare, and so it is important that the head of the house should know what to do in the little emergencies that arise. A child with a serious ailment needs a doctor. It is true, but in the majority of instances, as any doctor knows, the child suffers from some intestinal trouble, usually constipation.

There is no sense in giving it a pill or a remedy containing an opiate, nor in flushing of the bowels to be always recommended. Rather give it a small dose of a mild, gentle laxative, tonic like Dr. Caldwell's Syrup Pepsin, which, by clean-

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS. Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Readers of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

ALCOHOLISM DRUG HABITS

and DRUNKENNESS permanently cured by the ONLY SURE, SAFE Home Remedy, B-N-S Tonic. Used successfully for over 25 years in sanitariums and private practice. Contains no opiates or narcotics. It absolutely harmonizes. Cures constipation, Full treatment, \$1.00. WRITE FOR BOOKLET. L. T. WILLIAMS, 225 West Fourth Street, New York, N. Y.

If afflicted with Thompson's Eye Water W. N. U., BALTIMORE, NO. 43-1911.

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The assurance that goes with an established reputation is your assurance in buying W. L. Douglas shoes.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W.L. Douglas shoes are made, you would then understand why they are warranted to hold their shape, fit better and wear longer than any other make for the price.

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