



Colds Make Backs Ache

MORE aching backs, more kidney troubles come in March, than in any other month. Stuffy sidewalks, dampness, raw winds and sudden changes cause chills and colds. And chills or colds tend to hurt the kidneys. It is good sense to use a kidney remedy when recovering from a cold and at any time when suffering from a lame back, sharp pains when stooping or lifting, dizzy spells, irregular or annoying kidney action, and a run-down, nervous state.

Don't delay and take a chance of getting dropsy, gravel, Bright's disease or some other serious kidney disease. Use Doan's Kidney Pills, the best-recommended, special kidney remedy. All over the world grateful people frankly praise Doan's.

Here's What Virginia People Say:

Reed S. Black, 131 Wine St., Hampton, Va., says: "Doan's Kidney Pills have certainly benefited me. I have taken them different times when I have felt weakness and pain across my back and they have never failed to give me quick relief. After taking cold, my kidneys are apt to become disordered but I can depend on Doan's Kidney Pills to fix me up in good shape."

Mrs. Minnie E. Posey, 125 Duke St., Alexandria, Va., says: "Grip left my kidneys in bad shape and my back ached intensely. I felt tired and languid all the time and was sometimes so dizzy I could hardly get around. Doan's Kidney Pills brought me relief as soon as I used them and since taking two boxes my back hasn't ached and my health has been good."

DOAN'S KIDNEY PILLS

At All Stores, 50c a Box. Foster-Milburn Co., Buffalo, N. Y.

When a man sneers at a woman's business ability he makes a noise like sour grapes.

GETS AT THE JOINTS FROM THE INSIDE
RHEUMACIDE
The Old Reliable Remedy
RHEUMATISM
Rheumatic Gout or Lumbago
RHEUMACIDE is a new preparation that gives only temporary relief. It is designed to remove the cause and drives the poisons from the system.
At All Drugists

Why not get something for your Corns, Calluses, Blisters, and Aching Feet, Tender, Swabby, Stomach

FEET
A hot foot bath with **JOHNSON'S FOOT SOAP** will remove these at once and make the feet worth using. The safe and sure remedy composed of the old and reliable ingredients—borax, salicylic acid, and lime. Use for corns, blisters, and aching feet. Write for sample on receipt of the price by the manufacturer. **THOMAS GILL SOAP CO.** 712-77 47th Ave., Brooklyn, N. Y.

NURSERY STOCK!!!
All kinds of fruit, ornamental and shade trees, berry bushes, flowering shrubs and plants. Write us for prices wholesale and retail. Catalogue free. Do not order until you see our prices. **FRANKLIN DAVIS NURSERY CO.**, Wm. F. Stone, Trustee, Baltimore, Md.

The Bride's Book
A Useful Booklet for Every Girl
Some of the topics treated are: "Care of Health," "Preparation," "The Wedding," "The Reception," "Wedding Reception," etc. Price 50c per copy. Address **REXSONE DISTRIBUTORS**, Box 227, Allentown, Pa.

PATENTS
Watson E. Coleman, Patent Lawyer, Washington, D.C. Advice and books free. Write for literature. Highest references. Best results.
W. N. U., BALTIMORE, NO. 12-1916.

160 ACRE FARMS IN WESTERN CANADA FREE
Farmer's pay for their land with one year's crop and prosperity was never so great.
Regarding Western Canada as a grain producer, a prominent business man says: "Canada's position today is sounder than ever. There is more wheat, more oats, more grain for feed, 20% more cattle than last year and more hogs. The war market in Europe needs our surplus. As for the wheat crop, it is marvelous and a monument of strength for business confidence to build upon, exceeding the most optimistic predictions."
Wheat averaged in 1915 over 25 bushels per acre
Oats averaged in 1915 over 45 bushels per acre
Barley averaged in 1915 over 40 bushels per acre
Prices are high, markets convenient, excellent land, low in price either improved or otherwise, ranging from \$12 to \$30 per acre. Free homestead lands are plentiful and not far from railway lines and convenient to good schools and churches. The climate is healthful.
There is no war tax on land, nor to these any conscription. For complete information as to best locations for settlement, reduced railroad rates and descriptive illustrated pamphlet, address Superintendent Immigration, Ottawa, or
J. P. JAFFRAY, Cor. Walnut and Broad Sts., Philadelphia, Pa.
Canadian Government Agent

Fashions Set by Soldiers.
Alexander the Great is said to be responsible for men shaving their faces, the Baltimore Sun observes. When his phalanx swept into Asia the beards of his soldiers were found to be a source of danger to themselves. In hand to hand encounters with the enemy the latter were found to possess too great an advantage in being able to grasp the beard. As a matter of military necessity Alexander ordered all his fighting men to shave. Today in the trenches of Europe soldiers are permitting their beards to grow as a protection against cold—again a necessity of war—and doubtless the wearing of beards will be very generally revived in consequence.

FRECKLES
Now is the Time to Get Rid of These Ugly Spots.
There's no longer the slightest need of feeling ashamed of your freckles, as the preparation called Double Strength—Guaranteed to remove these homely spots. Simply get an ounce of this double strength—from your druggist, and apply a little of it night and morning, and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.
Be sure to seek for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles—Adv.

Table Wit.
"I can't reach the sausage."
"Whistle to it," suggested the humorous boarder.
Not Suited.
"Can you play this song 'The Trailin' Vine'?"
"Not on an upright piano."

Throw Off Colds and Prevent Grip.
When you feel a cold coming on, take **LAXATIVE BISMUTH QUININE**. It removes mucus, loosens the chest, and gives you a good night's sleep. Write for literature. **W. W. GROVER'S SIGNATURE** on box.
Lightsighted.
"Has he a sense of fairness?"
"Goodness, yes! He can tell them a block away."
Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.
A girl loses her self-possession when she puts on a wedding ring.

Three Hundred Million Bushel Crop in 1915
Farmers pay for their land with one year's crop and prosperity was never so great.
Regarding Western Canada as a grain producer, a prominent business man says: "Canada's position today is sounder than ever. There is more wheat, more oats, more grain for feed, 20% more cattle than last year and more hogs. The war market in Europe needs our surplus. As for the wheat crop, it is marvelous and a monument of strength for business confidence to build upon, exceeding the most optimistic predictions."
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DOUBTS ABOUT NAVY

OPINIONS DIFFER AS TO THE TYPE OF VESSELS THAT IS MOST NEEDED

WAR'S LESSONS UNCERTAIN

Battle Cruisers Are Strongly Urged by Some Naval Experts and Congressmen—Comparative Values of Dreadnaughts and Submarines in Debate.

By GEORGE CLINTON.

Washington.—One of the difficulties confronting congress in framing preparatory legislation lies in the difference of opinion as to what type of vessels shall be built in order that the best naval protective service may be secured for the country.

It may be that the ship building program will be attacked not because it is too ambitious, but because the vessels provided for do not meet, as some senators, representative and navy men view it, the requirements of the case. It is held that the present war has not produced conclusive proof that one type of ship must be done away with and another type substituted. Some of the navy men urge, and some congressmen hold the same view, that the battle cruiser is an imperative necessity, but while this is so, they say, it is not necessary to supplant other classes of ships.

The battle cruiser is a fast steaming, fighting ship. It is the peer of the battleship in armament and in offensive strength, and it can outstrip any battleship afloat.

Dreadnaughts Versus Submarines.

In the senate there is a controversy over the comparative values of dreadnaughts and submarines. Most of the members of the senate committee on naval affairs seem to think that big battleships are more necessary than ever, while the belief is that the chairman of the committee thinks submarines are more necessary than ever, and that in the final outcome it will be found that the judgment of the majority of the naval experts has been taken. It is a fact, however, that the naval students of the present warfare abroad are at variance in their views as to just what kinds of ships will be best adapted to meet conditions of the future.

A difference of opinion some years old has been renewed because of the result of the first fight between the Germans in southern waters and the English ship Good Hope and the smaller vessels which were with it. The Germans sank the Good Hope and either destroyed or drove away the smaller ships. American naval experts say that it is now known definitely that the Good Hope was unable to use its heavier guns effectively because a high sea was running and the bounding ship made accuracy of aim impossible.

Fighting in Heavy Seas.
Eight years ago an article was written by a naval expert in which he said that under certain conditions of weather some of our ships would be useless in a fight. He singled out one of our cruisers and said that if it were compelled to engage in battle while anything more than a moderate sea was running it could not use its big guns. The argument was that the vessels of this type were built along wrong lines. It is hinted today that in the American navy there are several ships which would meet the fate of the Good Hope if they were compelled to fight while a high sea was running, and, of course, if their antagonists were more stable than they in rough water.

It seems likely that the question of stability of certain types of ships in all kinds of weather will enter into the debates in congress.

Conditions in British Army.
Within a day or two in Washington there has been issued as an "article of information" some facts concerning the condition of the British forces of all kinds at the outbreak of the present war. Unquestionably the object of this article is to help the propaganda for an increased regular force in this country as opposed to a plan which would place main dependence upon bodies of partially trained men like the militia and continental army of reserves. The article, however, has much interest as showing actually the conditions which existed in the ranks of the English territorials and the forces known as the special reserves at the time of the outbreak of the war.

When your correspondent was in England some months ago he had an opportunity to visit the training camps. He saw enough to know that England, even when the war had been in progress for more than half a year, was largely in the same condition with regard to trained holders that the United States is today. He noted the sharp differences between the men of the British regular army, of the territorials and of the special reserves.

There was also in England a force known as the army reserve. This army reserve, as the article just given out in Washington and written by Frederick Scott Oliver shows, was composed of fully trained fighting soldiers. Now the British army reserve has in its ranks men who had served in the regular army and who after their terms of enlistment had expired had gone into the reserve organization.

The situation in Great Britain there-

fore at the outbreak of the present war was just such as it is held it would be in the United States if instead of increasing the regular army until it became a fighting force adequate to any occasion, the main dependence should be placed on National Guardsmen and some kind of a continental army of volunteers.

Territorials Versus Reserves.
The territorials in England correspond to our militia. Your correspondent saw some of these territorials in the training camps. It was supposed that they had learned a good deal about military matters generally and drill and discipline in particular. It is perfectly true that these men knew how to wheel by fours, by platoons, knew guard mount and skirmish drill after a fashion, and knew about some other things military, but they were a long way from being in condition to stand up against the enemy in Flanders.

As for the men of the army reserve they were ready after a few weeks in camp to go against any proposition that any enemy might offer. These were the men who had seen service in the regular army and who had gone into the reserve on the expiration of their enlistments.

The special reserve of the British army, as Mr. Oliver says, "was to reserve like the first, for it was wholly unit to take the field upon the outbreak of hostilities." This special reserve was supposed to be well trained and in fact laws had been passed which it was thought would keep the reserve in good shape and ready for emergencies. The trouble was that the laws and regulations had not been enforced and the result was that a force that was depended upon to be ready was far from ready.

The National City Troop.
There are forty Washington newspaper men who are so thoroughly committed to preparedness and to the military service of their country that in case of war every one of them would be morally bound to desert his newspaper work and to report to the war department for duty.

Under the title "National City Troop" the newspaper men have been in training since last autumn. The commanding officer of the outfit is Lieut. H. M. Groninger of the Fifth United States cavalry. The newspaper men report for drill at least once a week, and frequently oftener, at Fort Myer, Va., which is just across the Potomac from Washington.

One of the members of the organization has written the story of its inception, its work and its purposes. It is presented herewith.

The troop was organized in September, 1915, upon the initiative of the newspaper men themselves, and a committee appealed to Secretary of War Garrison to see what assistance he could give. Secretary Garrison was quick to take advantage of the offer of the correspondents, and it was largely through his personal interest that matters were arranged satisfactorily. Every facility has been thrown open to the troops, and while there has been very little advertising of its existence, those in Washington who are close in touch with army affairs are familiar with what is going on and are watching the experiment with interest. Maj. Gen. Hugh Scott, chief of staff and now acting secretary of war, has personally inspected the troop in its mounted work.

For the three months ending in December, 1915, the work of the troop included fifteen hours' dismounted drill and about six hours' pistol target practice, five hours' rifle target practice, two hours' saber drill, four hours' equitation and one-half an hour lecture. Beginning with January 1, 1916, the work was materially increased. The troop reports for duty at Fort Myer at 9:30 on Sunday morning and is dismissed between twelve and one o'clock. This period is devoted to riding, either in the drill hall or out of doors, to gymnastic work and to dismounted drill. On Wednesday evening the troop reports at seven o'clock at an armory in Washington, where it goes through dismounted drill for one hour, followed by an hour and a half or two hours of classroom work in which the elements of map-making, strategy and military science are taught.

Most of Them Raw Recruits.
Some of the members of this troop have had experience in militia organizations, and some have had the rudiments of military education in preparatory schools or in colleges, but the majority are absolutely raw recruits who have to be told how to stand up straight, how to make a "right face", how to salute, not to say how to execute the manual of arms, find and keep their places in drill formation, aim a rifle, mount a horse and ride at a walk without falling off.

"Some half dozen of this troop are beyond the age of active military service, but these men figure out that in case of war they would have a smattering of military knowledge sufficient to make them available for use, perhaps in training the recruits, perhaps in duty at the war department, or in one of the military arms of the service."

Most of the men are between the ages of twenty-five and thirty-five and it is planned that when their course of two years shall be completed they will take examinations for commissioned officers to be called upon by the war department in case of necessity. Up to the present time it is interesting and significant to note that this troop has not had a single purely social meeting. The men are all hard-working and busy citizens throughout the week.

Mix in One Minute with Cold Water—Ready to Apply Immediately
Let us tell you of the wonderful economy, simplicity and effectiveness of the Alabastine way of interior decoration.
The Alabastine way is simple in the extreme—You buy the Alabastine in the colors and quantities you require—it is mixed with cold water in a pail according to the directions on the package. There is no boiling water required; no glue to be added; no unnecessary time. You can secure shades and tints that are individual with the Alabastine way by combining tints to produce a new shade. You need not use certain fixed colors unless you want to; and you can have an artistic color scheme on your walls entirely upon your own design.
What Alabastine is—Alabastine is a clean, dry, sanitary, fine textured powder—ground to impalpable fineness—the colors and tints added—and then it is put up in packages.
Special Stencil Offer—Ordinarily stencils for border designs cost you from 50c to \$1.00 each. Our free book tells you how you can get the stencils you wish practically free of charge. Our color scheme cards suggest colors that harmonize for your rooms. Write for them today. Address THE ALABASTINE COMPANY 283 Grandview Road Grand Rapids, Mich.
The only Tool Needed to Apply

Not Eure of the Way.
"Ludie, what are you going to make?"
"Some biscuit."
"But why have you brought out the fashion plates as well as the cook book?"
"Well, I'm a little green at this. Do you make biscuit from a recipe or a pattern?"

IS CHILD CROSS, FEVERISH, SICK
Look, Mother! If tongue is coated, give "California Syrup of Figs."
Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely. A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again. Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.
Paradoxical.
"I like that man Jobbies."
"Why?"
"He's straightforward."
"That's queer. Everybody says he's a crab."

USE ALLEN'S FOOT-EASE.
The antiseptic powder to be shaken into shoes and used in foot-bath. It relieves painful, swollen, smarting, aching, tired feet and instantly takes the sting out of corns and bunions. The greatest comfort discovery of the age. Sold every where. Sec. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y. Adv.

Then Why?
"Will you marry me, Ethel? My family is all one could wish for."
"Then, why do you want me?"
Not Gray Hairs but Tired Eyes
Make us look older than we are. Keep your eyes young and you will look young. After the Movies Murine Your Eyes. Don't tell your age. Murine Eye Remedy Co., Chicago. Send Eye Book on request.

The leading daily newspapers in London number 25.

Clean the Blood
Spring is the time of the year when we should put our house in order. We're run down after a hard winter—after grip, colds, catarrh. It's time to take Dr. Pierce's Golden Medical Discovery, purely vegetable and free from alcohol or narcotics. It will search out impure and poisonous matter and drive it from the system. Buy "Discovery" now in tablets or liquid.
It will dissolve the poisonous accumulations and replace the bad blood it drives out, with rich, pure blood full of vital force.
It will clear the skin; eczema, pimples, rash, blotches will dry up and disappear; boils, carbuncles and other evidences of tainted blood will pass away, never to appear again.
A NEW DISCOVERY
"Anuric" is a recent discovery of Doctor Pierce, who is head of the Invalids' Hotel, Buffalo, N. Y. Experiments at Dr. Pierce's Hospital for several years proved that "Anuric" is a wonderful eliminator of uric acid. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, it is simply wonderful how surely "Anuric" acts; and in gravel and gout, invariably the pains and stiffness rapidly disappear.
Go to your nearest drug store and simply ask for a 50-cent package of "Anuric," or send Dr. Pierce 10c for trial pkg.

For Rheumatic Pains
Yager's Liniment, the great external remedy for rheumatism, neuralgia, sprains, bruises or congestion, gives prompt relief from pain.
YAGER'S LINIMENT
Mr. John Abernethy, Claremont Mills, Md., writes:
"For four years I suffered with rheumatism and had to walk on crutches. The doctor said my case was chronic and incurable but I tried Yager's Liniment with satisfactory results. It is the best liniment to relieve pain that I ever used. Its action is prompt and effective."
Put up in large bottles containing eight ounces. Sold by all dealers. 25c a bottle. Prepared by GILBERT BROS. & CO., Baltimore, Md.

Tutt's Pills
To cure constiveness the medicine must be more than a purgative; it must contain tonic, alterative and cathartic properties.
Tutt's Pills
possess these qualities, and speedily restore to the bowels their natural peristaltic motion, so essential to regularity.
No Common Cur.
Wife (angrily)—You're a perfect brute.
Hub (calmly)—Thanks, my dear, for putting me in the thoroughbred class, anyway.

Belligerent.
"Hard to get along with, isn't he?"
"Oh, yes. He is as quarrelsome as a pacifist."
German shippers have never imported 27,562,361 pounds of black and the long sea voyages to the toll charges.

It has been estimated by a Yale scientist that a particle of radium will remain active about 1,650 years.