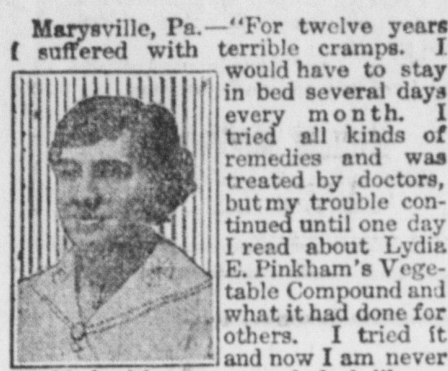


THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering



Marysville, Pa.—"For twelve years I suffered with terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did."

—Mrs. GEORGE R. NAYLOR, Box 72, Marysville, Pa.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Only women open and read such letters.

When a woman helps her husband do anything she always wants to do the best.

Sore Eyes, Blood-Shot Eyes, Watery Eyes, Stuffy Eyes, all Healed promptly with night applications of Roman Eye Balsam. Adv.

There is no sermon we are more fond of preaching than one from the text, "The Home Beautiful."

A postal card to Garfield Tea Co., Brooklyn, N. Y., asking for a sample will repay you.—Adv.

The fonder a man is of a woman the less he likes the bother of telling her so.

Acid Stomach, Heartburn and Nausea quickly disappear with the use of Wright's Indian Vegetable Pills. Send for trial box to 372 Pearl St., New York. Adv.

Misnamed. "Are they well mated?" "No. She can spend the money much faster than he can make it."—Detroit Free Press.



Green's August Flower

will act promptly in the relief of all stomach and bowel troubles, and your freedom from pain and discomfort will make you feel that life is again worth living. 25c and 75c at druggists and dealers. 51 years of success.

YAGER'S LINIMENT

This liniment is the most economical to use as a 25 cent bottle contains four times as much as the usual bottle of liniment sold at that price. Sold by all dealers. GILBERT BROS. & CO. BALTIMORE, MD.

GALL STONES or **GRAVEL** (No Oil) No more Gallstones, Aches in Stomach, Back, Side or Shoulders, Liver Troubles, Stomach Misery, Dyspepsia, Colic, Gas, Bloating, Headache, Constipation, Piles, Catarrh, Nervousness, Blisters, Jaundice, Appendicitis. These are common Gallstone symptoms. —GILBERT BROS. Send for home treatment. Medical Book on Gallstones Free. Gallstones, Gall Troubles and Appendicitis. Gallstones Remedy Co., Dept. W-9, 819 N. Dearborn St., Chicago

EXCELLENT RETURNS FROM THE CANADIAN WHEAT CROP

United States Settlers Becoming Rich on Western Canada Lands.

The large number of United States settlers coming to the Western provinces of Canada are easily explained by the case of Mr. C. Lacy, late of Wisconsin and later of Alberta.

Mr. Lacy came to Canada from Wisconsin in the summer of 1914 with \$1,500 available cash in his possession. He rented a half-section of partly improved land in Alberta and commenced summer fallowing. He broke 300 acres with oats, 20 with barley, and 260 with wheat. Also he had two cows and 20 head of young live stock. He was fortunate in buying feed at a bargain and managed to rent the adjoining quarter-section as pasture.

A few weeks ago he decided to realize his profits—and they amounted to \$8,000 absolutely clear from the crop and the stock.

W. J. Winstead, of Brooks, Alberta, says:

"I landed in Brooks, March 18th, 1916, with one car of household effects, and nine head of good horses, and less than \$500 in cash. I have put \$1,500 worth of improvements on my farm. I have 31 head of cattle, 16 head of horses, debts all paid, a new automobile, and a good, stiff bank account. At present prices, I can cash in for \$16,000. I am well satisfied, and expect to double this next year.

I have threshed altogether 7,000 bushels of No. 1 Northern wheat from two hundred acres, which went from 24 to 56 bushels per acre.

Seven thousand bushels of wheat, all No. 1 Northern, two thousand bushels of oats, 670 bushels of flax, 700 bushels of barley—all at market prices—well, figure this out for yourself at the market price. I sold 3,100 bushels of wheat at \$1.74, am holding the remainder for \$2.00. Also all the oats, barley and flax for higher prices."

Intelligent farming pays always according to Alex. Wattle, a prosperous farmer. Some figures to prove his contention that he has "made good."

In 1914 Mr. Wattle threshed 40 bushels to the acre from a 30-acre crop. This sold for \$1.60 per bushel, which, after deducting seed, labor, twine, threshing and freight, left a clear profit of \$50 per acre, or a total of \$1,500. From last year's crop of 34 acres, just sold, he received after freight had been deducted, \$1,876.94.—Advertisement.

Needless Preface.

"My singing teacher told me to begin with 'do'—"

"Well, he ought to know that everything begins with dough."

Everybody Praises Fine Kidney Medicine

I take pleasure in telling what Dr. Kilmer's Swamp-Root has done for my twelve-year-old grandson. When he was seven years of age he had an attack of bronchial pneumonia, which left his kidneys very weak. Tried several remedies but only obtained slight relief. Dr. Kilmer's Swamp-Root was recommended and after taking one small and one large bottle he has had no return of the trouble. I firmly believe Swamp-Root will do all that is claimed for it in such ailments.

Yours truly,
JOHN RODGERS,
1821 North Port Street,
Baltimore, Md.

Subscribed and sworn to this 13th day of June, 1916.
H. C. BROWN,
Justice of the Peace.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

One of Them.

Guide—Oh, that's the Castle de Fourney. That's the first place where the young Duke d'Or was killed.

To Drive Out Malaria and Build Up The System

Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents.

Purity is the essence of heavenly wisdom; it is the pure in heart alone who arrive at this wisdom.—Rutherford.

ACTRESS TELLS SECRET.

A well known actress gives the following recipe for gray hair: To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ¼ oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Marriage that is not educational is certainly a failure.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

The man cannot realize how much he misses when he loses an opportunity of giving pleasure.

CONGRESS IS GIVEN REASONS FOR OUR BREAK WITH GERMANY

Washington, Feb. 3.—President Wilson appeared before congress in joint session this afternoon and set forth the reasons which led him to order the diplomatic break with Germany. His address was as follows:

"To the congress, February 3, 1917. Gentlemen of the Congress:

"The Imperial German government on the 31st of January announced to this government and to the governments of the other neutral nations that on and after the 1st day of February, the present month, it would adopt a policy with regard to the use of submarines against all shipping seeking to pass through certain designated areas of the high seas to which it is clearly my duty to call your attention.

"Let me remind the congress that on the 18th of April last, in view of the sinking on the 24th of March of the cross Channel passenger steamer Sussex by a German submarine, without summons or warning, and the consequent loss of the lives of several citizens of the United States, who were passengers aboard her, this government addressed a note to the Imperial German government in which it made the following declarations:

"If it still be the purpose of the imperial government to prosecute relentless and indiscriminate warfare against vessels of commerce by the use of submarines without regard to what the government of the United States must consider the sacred and indisputable rules of international law and the universally recognized dictates of humanity, the government of the United States is at last forced to the conclusion that there is but one course it can pursue. Unless the imperial government should now and immediately declare and effect an abandonment of its present methods of submarine warfare against passenger and freight carrying vessels, the government of the United States can have no choice but to sever diplomatic relations with the German empire altogether."

"In reply to this declaration the Imperial German government gave this government the following assurance: 'The German government is prepared to do its utmost to confine the operations of the war for the rest of its duration to the fighting forces of the belligerents, thereby also assuring the freedom of the seas, a principle upon which the German government believes, now as before, to be in agreement with the government of the United States.'

"This German government, guided by this idea, notifies the government of the United States that the German naval forces have received the following orders: In accordance with the general principles of visit and search and destruction of merchant vessels recognized by international law, such vessels, both within and without the area declared as naval war zone, shall not be sunk without warning and without saving human lives, unless these ships attempt to escape or offer resistance.

"But," it added, "neutrals cannot expect that Germany, forced to fight for her existence, shall, for the sake of neutral interests, restrict the use of an effective weapon if her enemy is permitted to continue to apply at will methods of warfare violating the rules of international law. Such a demand would be incompatible with the character of neutrality, and the German government is convinced that the government of the United States does not think of making such a demand, knowing that the government of the United States has repeatedly declared that it is determined to restore the principle of the freedom of the seas, from whatever quarter it has been violated."

"To this the government of the United States replied on the eighth of May, accepting, of course, the assurance given, but adding:

"The government of the United States feels it necessary to state that it takes it for granted that the imperial German government does not intend it to imply that the maintenance of its newly announced policy is in any way contingent upon the course of results of diplomatic negotiations between the government of the United States and other belligerent governments, notwithstanding the fact that certain passages in the imperial government's note of the fourth instant might appear to be susceptible of that construction. In order, however, to avoid any possible misunderstanding, the government of the United States notifies the imperial government that it cannot for a moment entertain, much less discuss, a suggestion that respect by German naval authorities for the rights of citizens of the United States upon the high seas should in any way in the slightest degree be made contingent upon the conduct of any other government affecting the rights of neutrals and noncombatants.

People of Canary Islands Suffer.

London.—A Reuter dispatch from Madrid says the president of the Federation of Mediterranean Ship Owners has informed the Spanish minister of commerce that Spanish ships trading with England, France and Italy will be diverted to—

British Urged to Conserve Food.

London.—The food ministry has issued a public appeal to the nation to limit the consumption of bread to four pounds, of meat to two and one-half pounds, and of sugar to three-quarters of a pound weekly per head.

The food controller says that after consideration of available stocks and the probable need of future supplies, the situation requires that heads of families should limit household consumption to this basis. The people are put on their honor to do this.

Responsibility in such matters is single, not joint; absolute, not relative.

"To this note of the eighth of May the Imperial German government made no reply. On the thirty-first of January, the Wednesday of the present week, the German ambassador handed to the secretary of state, along with a formal note, a memorandum which contains the following statements:

"The Imperial government, therefore, does not doubt that the government of the United States will understand the situation thus forced upon Germany by the entente allies' brutal methods of war and by their determination to destroy the central powers, and that the government of the United States will further realize that the now openly disclosed intentions of the entente allies give back to Germany the freedom of action which she reserved in her note addressed to the government of the United States on May 4, 1916.

"Under these circumstances Germany will meet the illegal measures of her enemies by forcibly preventing after February 1, 1917, in a zone around Great Britain, France, Italy and in the eastern Mediterranean all navigation, that of neutrals included, from and to England and from and to France, etc., etc. All ships met within the zone will be sunk."

"I think that you will agree with me that, in view of this declaration, which suddenly and without prior intimation of any kind deliberately withdraws the solemn assurance given in the imperial government's note of the fourth of May, 1916, this government has no alternative consistent with the dignity and honor of the United States, but to take the course which, in its note of the eighteenth of April, 1916, it announced that it would take in the event that the German government did not declare and effect an abandonment of the methods of submarine warfare which it was then employing and to which it now purposes again to resort."

"I have, therefore, directed the secretary of state to announce to his excellency the German ambassador that all diplomatic relations between the United States and the German empire are severed and that the American ambassador at Berlin will be immediately withdrawn, and in accordance with this decision to hand to his excellency his passports.

"Notwithstanding this unexpected action of the German government, this sudden and deeply deplored renunciation of its assurances, given this government at one of the most critical moments of tension in the relations of the two governments, I refuse to believe that it is the intention of the German authorities to do in fact what they have warned us they will feel at liberty to do. I cannot bring myself to believe that they will indeed pay no regard to the ancient friendship between their people and our own or to the solemn obligations which have been exchanged between them and destroy American ships and take the lives of American citizens in the willful prosecution of the ruthless naval program they have announced their intention to adopt. Only actual overt acts on their part can make me believe it even now.

"If this inveterate confidence on my part in the sobriety and prudent foresight of their purpose should unhappily prove unfounded; if American ships and American lives should in fact be sacrificed by their naval commanders in heedless contravention of the just and reasonable understandings of international law and the obvious dictates of humanity, I shall take the liberty of coming again before the congress, to ask that authority be given me to use any means that may be necessary for protection of our seamen and our people in the prosecution of their peaceful and legitimate errands on the high seas. I can do nothing less. I take it for granted that all neutral governments will take the same course."

"We do not desire any hostile conflict with the imperial German government. We are the sincere friends of the German people and earnestly desire to remain at peace with the government which speaks for them. We shall not believe that they are hostile to us unless and until we are obliged to believe it, and we purpose nothing more than the reasonable defense of the undoubted rights of our people. We wish to serve no selfish ends. We seek merely to stand true alike in thought and in action, to the immortal principles of our people which I sought to vindicate our right to liberty and an unmolested life. These are the bases of peace, not war. Grant that we shall not be challenged to defend them by acts of willful injustice on the part of the government of Germany."

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Beautify Your Hair! Make It Soft, Fluffy and Luxuriant—Try the Moist Cloth.

Try as you will, after an application of Danderine, you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most, will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable luster, softness and luxuriance, the beauty and shimmer of true hair health.

Get a 25 cent bottle of Knowlton's Danderine from any store and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all. Adv.

Natural Conclusion.

"Smith called Jones a fool."

"What happened?"

"Jones got hopping mad."

CARE FOR YOUR SKIN

And Keep It Clear by Daily Use of Cuticura—Trial Free.

A hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment clears the skin or scalp in most cases of eczema, rashes and itching of children and adults. Make Cuticura your every-day toilet preparations and prevent such troubles.

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

The farmer does some "lofty" thinking every time he plans the filling of his hayloft.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Holt* in Use for Over 30 Years. Children Cry for Fletcher's Castoria

Anyone is liable to make mistakes, but it is only a wise man who corrects them promptly.

MOTHER'S JOY SALVE

for Colds, Croup, Pneumonia and Asthma; GOOSE GREASE LINIMENT for Neuralgia, Rheumatism and Sprains. For sale by all Druggists. GOOSE GREASE COMPANY, MFR'S., Greensboro, N. C.—Adv.

If a good face is a letter of recommendation, a good heart is a letter of credit.—Bulwer-Lytton.

Constipation can be cured without drugs. Nature's own remedy—selected herbs—is Garfield Tea.—Adv.

Substantial Token.

"Have you anything on hand to make your engagement practical?"

"Sure, pa. A diamond ring."

100 Years Old

"The kidneys play a most important part in causing premature old age and death—the more injurious poisons passing thru the kidneys the sooner comes decay"—so says a distinguished physician, who further advises all people who are past thirty to preserve the vitality of the kidneys and free the blood from poisonous elements, such as uric acid—drink plenty of water—sweat some daily and take Anuric before meals.

This Anuric is put up in tablet form, and can be obtained at almost any drug store. For that backache, lumbago, rheumatism, "rusty" joints, swollen feet or hands, due to uric acid in the blood, Anuric quickly dissolves the uric acid as hot water does sugar.

Discovered by Dr. Pierce of Buffalo, N. Y.

Prevent premature old age by simply sipping a cup of hot water every morning before breakfast, taking a little Anuric before meals and live to be a hundred.

THE REFLECTIONS OF A MARRIED WOMAN—are not pleasant if she is delicate, run-down, or overworked. Her smile is "played out." Her mind and her good spirits have taken flight. It worries her husband as well as herself.

This is the time to build up her strength and cure those weaknesses or ailments which are the seat of her trouble. Dr. Pierce's Favorite Prescription regulates and promotes all the proper functions of womanhood, enriches the blood, dispels aches and pains, melancholy and nervousness, brings refreshing sleep, and restores health and strength. It cures those disorders and derangements incident to womanhood.

A well-known agent which can be procured at all drug stores is "Pleasant Pellets," made up of the May-apple, the dried juice of the leaves of aloes and the root of jalap. First put out by Dr. Pierce nearly fifty years ago.—Adv.

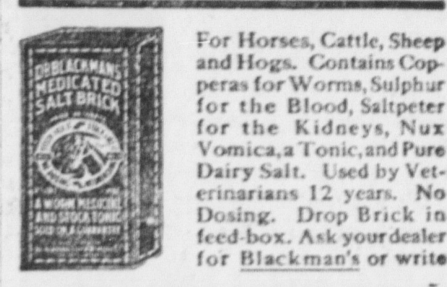
WHAT IS LAX-FOS

LAX-FOS is an improved Cascara A DIGESTIVE LAXATIVE—Pleasant to take

In LAX-FOS the Cascara is improved by addition of certain harmless chemicals which increase the efficiency of the Cascara, making it better than ordinary Cascara. LAX-FOS aids digestion; pleasant to take; does not gripe or disturb stomach. Adapted to children and adults. Just try a bottle for constipation or indigestion. 50c.

TO KILL Cockroaches ALWAYS USE STEARNS' ELECTRIC PASTE

U. S. Government Buys It
SOLD EVERYWHERE—25c and \$1.00
STOCK LICK IT—STOCK LIKE IT



For Horses, Cattle, Sheep and Hogs. Contains Copper for the Blood, Sulphur for the Kidneys, Nux Vomica, a Tonic and Pure Dairy Salt. Used by Veterinarians 12 years. No Dosing. Drop Brick in feed-box. Ask your dealer for Blackman's or write for Blackman's or write for Blackman's

BLACKMAN STOCK REMEDY COMPANY CHATTANOOGA, TENNESSEE

Rheumacide

Have you RHEUMATISM Lumbago or Gout? Take RHEUMACIDE to remove the cause and drive the poison from the system. "RELIEF OF THE INSIDE" PUTS LIBERATION ON THE OUTSIDE" At All Druggists

Jan. Baily & Son, Wholesale Distributors Baltimore, Md.

PARKER'S HAIR BALM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 per bottle.

FLORIDA TRUCK FARMS AT DUPONT FLORIDA

on Florida East Coast Railway in St. John and Volusia Counties. Freight Express \$5 to 48 hours to New York markets. Continuous cropping season—potatoes, celery and lettuce. WRITE FOR BOOKLET.

DUPONT LAND COMPANY

Dupont, Florida and Scranton, Pennsylvania

Salesmen Wanted

We can use the services of several responsible men to represent us for the sale of Brooks-Virginia-Grown Nursery Stock. Farmers, School Teachers, Students and others can make the work profitable canvassing all or part time. Liberal proposition; cash weekly advances; ample territory. Write at once for our SPECIAL OFFER. Outfit free. W. T. HOOD & CO., 616 Bonavia Nurseries, Dept. W. N., Richmond, Va.

For Sale

To close estate we offer best property in Florida for sale. 160 acres, well improved, 85 to 48 hours to New York markets. Continuous cropping season—potatoes, celery and lettuce. WRITE FOR BOOKLET.

"JIFFY" Curtain Stringer

Wonderful seller; indispensable every woman's closet. Its value; nothing like it; saves time—guaranteed. Write at once. Verilux Manufacturing Co., B. M. GIBSON, Mfg. Co., Box 10, Chicago, Ill.

346 ACRE FARM

in Albemarle County, Virginia for \$10,000. Complete with stock, crop and machinery. 100 acre finest bottom land. Spring-fed ice pool house. Large bearing orchard. Edward S. Wilder & Co., Charlottesville, Va.

Commandments

on about paper 30 x 40 inches. Fertile Plantations and the Timber lands as South; write Turley Land & Loan Co., Natchez, Miss.

W. N. U., BALTIMORE, NO. 6-1917.

Raise High Priced Wheat on Fertile Canadian Soil

Canada extends to you a hearty invitation to settle on her FREE Homestead lands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta. This year wheat is higher but Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help feed the world by tilling some of her fertile soil—land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think of the money you can make with wheat around \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming in Western Canada is as profitable an industry as grain growing.

The Government this year is asking farmers to put increased acreage into grain. Military service is not compulsory in Canada but there is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is healthful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature as to reduced railway rates to Suppl. of Immigration, Ottawa, Can. or to

J. P. JAFFRAY,
Cor. Walnut & Broad Sts., Philadelphia, Pa.
Canadian Government Agent