

# WOMEN OF MIDDLE AGE

## Mrs. Quinn's Experience Ought to Help You Over the Critical Period.

Lowell, Mass.—"For the last three years I have been troubled with the change of life and the bad feelings common at that time. I was in a very nervous condition, with headaches and pain a good deal of the time so I was unfit to do my work. A friend asked me to try Lydia E. Pinkham's Vegetable Compound, which I did, and it has helped me in every way. I am not nearly so nervous, no headache or pain. I must say that Lydia E. Pinkham's Vegetable Compound is the best remedy any sick woman can take."

—Mrs. MARGARET QUINN, Rear 259 Worthen St., Lowell, Mass.

Other warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparkle before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness.

If you need special advice, write to the Lydia E. Pinkham Medicine Co. (Confidential), Lynn, Mass.

### NOT LIKE LOWER ANIMALS

Man's Consciousness Places Him Outside Darwin's "Struggle for Existence."

Man is a thinking animal, because he is a conscious animal, writes W. P. Pycraft in the Illustrated London News. It is his consciousness of himself and his surroundings that has placed him outside the operations of his animal and physical environment. The lower animals depend for their existence on their ability to respond to the conditions imposed by their physical environment and their powers of adaptability to their animate environment, the struggle to obtain food, to avoid enemies, and so on. For them there is indeed a "struggle for existence." But the "struggle for existence" has nothing to do with human progress. For man is a thinking and scheming animal. He lives by his wits.

The failure to realize this, the proneness of the layman to apply Darwin's great generalization to the development of the human race today, is answerable for much pernicious doctrine, culminating in the most disastrous war which the world has even seen.

The less you talk the less likely you are to choke if compelled to swallow your words.

Many a man's idea of comfortable clothing is the kind his wife won't let him wear.

## Old Fashioned Ideas

are being supplanted daily by newer and better things. This is particularly true where health and efficiency are concerned.

In hundreds of thousands of homes where coffee was formerly the table drink, you will now find

# POSTUM

It promotes health and efficiency, and the old time nerve-frazzled coffee drinker soon gives place to the alert, clear-thinker who drinks delicious Postum and knows

"There's a Reason"

No change in price, quality or size of package.

## PENNSYLVANIA STATE ITEMS

York.—A rousing welcome was given to Companies A and K, of the Eighth Infantry, on their return from the Mexican border.

Pittsburgh.—Frightened by the sight of blood on the face of a boarder who had been struck on the nose in an altercation, Mrs. Ralph Naples, 62, of Sharpburg, collapsed, dying a few minutes later.

Chester.—Almost every citizen, a junk dealer of Philadelphia, was held up in the rear of a yard on Maddock street, Leiperville, and robbed of \$175.

Carlisle.—Almost every citizen turned out to tender a reception to Company G and other Carlisle men in the Eighth Regiment on their return.

Hazleton.—Senator J. H. Wentz, of Johnstown, will receive two tons of chestnut coal from Mayor James G. Harvey, of Hazleton, who is a close friend. Senator Wentz owns a soft coal mine, but cannot buy any of the anthracite variety in his home town.

Hazleton.—Mrs. W. H. Kindt, wife of the pastor of Salem Evangelical Church, preached at both services in the absence of her husband, at conference.

Harrisburg.—Apples totaled 16,232,000 bushels in 1916 and in 1915 the crop was 15,255,000 bushels. The growers' average price this year was 68 cents a bushel, but the consumer is paying \$2 a bushel and prices are going up.

Carlisle.—County National Guardsmen will be given free marriage licenses if they make application within 30 days. Clerk of the Courts W. Frank Hartzell has announced.

Harrisburg.—Statistics gathered from State and Government sources show that during 1916 the potato grub ate and destroyed 4,000,000 bushels of the potato crop, present value \$15,200,000, according to the State Agricultural Department.

Hollingsburg.—Citizens are organizing a Blair County Historical Society.

Eddystone.—George Koob, a young German subject, 19 years old, was arrested at the ammunition plant, where he was employed, accused of being a German spy and working secretly for a German detective agency in New York.

Freeland.—Not at all concerned about the great risk to which they exposed themselves, vandals looted the smallpox hospital.

Morgantown.—The Morgantown hotel has been sold by George W. Groff to M. H. Miller.

Lobachsville.—The school has been closed for 10 days on account of scarlet fever.

Fleetwood.—The Volunteer Fire company will purchase a motor apparatus.

Ivlyland.—Seven new furnaces are being built at the Alan Wood iron and steel plant.

Evansville.—Homer Leshar was caught in machinery in the Portland cement mill, and fatally injured.

East Greenville.—Perkiomen Chapter of the Phoebe Deaconess Home realized \$100 at a poverty social.

Pennsburg.—A valuable horse owned by J. Westerveld, had to be shot when it fell and broke a leg.

Pennsburg.—The Perkiomen Paper mills, which recently added new machinery, are rushed with orders.

Alburtis.—Mrs. W. R. E. Gary, fell on the pavement in front of her home, and sustained a bad fracture of her left arm.

Howellville.—The E. J. Lavina company, recent purchaser of the Dyer quarries, has bought the quarries of the Green Lane Trappe Rock company for \$25,000.

Chester.—Commissioners of the county have petitioned the Court for a decree empowering them to sell the tollhouse at Madison bridge over the Schuylkill River, in North Coventry township.

Abington.—Charles W. Davis, the fake "swollen-arm" beggar, was sent by Magistrate Williams, to prison for two months.

Morrisville.—For want of room, this town will establish a school in the basement of the Episcopal Church.

Easton.—Tito Spans, about 35 years of age, of Mahanoy City, was found dead in a room at the American Hotel.

Wayne.—Boy Scouts who won in a bird house contest were: First prize, M. Cooper; second, R. Draper; third, Philip Wentworth; fourth, A. Dotterer; fifth, J. Hanna; honorable mention, E. Henderson.

South Bethlehem.—Five-year-old Kate Smatza was scalded when she accidentally pulled over on herself a kettle of water.

South Bethlehem.—Michael Haney was stabbed in the abdomen by an alien, who is accused of annoying one of Haney's daughters.

Park View.—Mary, 5-year-old daughter of George De Britte, fell into a boiler of water and was scalded.

Allentown.—To win a wager, William J. Snyder, dived 75 feet from the Lehigh River bridge into icy waters.

Allentown.—Peter Latsch is in a hospital with a broken leg, the result of being run down by an auto.

Phoenixville.—Maidens in Puritan costumes presented "The George Washington Spinning Lesson" on the twenty-fourth anniversary of the Junior League of St. John's Lutheran Church.

Pottstown.—Joseph Smith, a negro, tried to hang himself in a station house cell, and served 48 hours for it.

## MADE \$5,000 OUT OF HOGS

### On His Western Canadian Farm.

It is getting to be a long drawn out story, the way that Western Canadian farmers have made money. Many of them a few years ago, came to the country with little more than their few household effects, probably a team of horses and a cow or two, and sufficient money to do them for a few months, until they got a start. Hundreds of such can be pointed out, who today have splendid homes, well equipped farms, the latest machinery and an automobile. Here is the case of A. E. Merriam, formerly of Devil's Lake, N. D. He didn't leave there because the land was poor, or farming not a success, for all who know that country are aware that it is an excellent country. He wanted to expand, to take advantage of the cheap land that Western Canada offers. And that same story has appeared to hundreds of others who have had like success with Mr. Merriam. But his story, and he signs it, too, is:

"I came to Alberta in the Spring of 1909 from Devil's Lake, North Dakota, locating on my farm near Dalroy.

"I arrived with six head of horses and two head of cattle and about \$1,500. Since then, I have increased my live stock to seven head of horses, five head of cattle, and about one hundred head of hogs, a four-roomed house, good barn with all modern improvements, a feed grinder, elevator, chopper, fanning mill, etc. I have increased my original capital at least four times more since coming here.

"From the feeding of hogs during the last year, I had a gross return of \$5,000.

"I first started grain farming, but during the past four years I have made hogs my special, and you may see by the foregoing statement for 1916 that I have not done so badly.

"Land has increased at least twenty per cent in value during the past few years, now selling for from \$25 to \$35 per acre, with nominal taxes of about \$27 a quarter section yearly.

"The climate here is better than Dakota in that we do not have so much dry wind; the winters are similar to Dakota.

"As for farming in general, the growing and feeding of live stock is more sure than the grain farming, if continued year after year, and if every farmer follows this he will be ahead of the grain growers in the long run. Taking everything into consideration, I feel satisfied with my success in Alberta."

(Sgd.) A. E. MERRIAM, Dalroy, Alberta, Jan. 12th, 1917.

There will be the greatest demand for farm labor in Western Canada during the early spring, and, in fact, all season until November, and the highest wages will be paid. There is an absolute guarantee by the Canadian Government that those who go to Canada for this purpose need have no fear of conscription.—Advertisement.

### Encouraging Example.

"When you begin to think this country is not democratic, stop a moment and study the average traffic policeman."

"But why?"

"You will discover that the dusky George Washington Jones, driving a dray, gets exactly the same treatment from him that is received by a millionaire reclining in his limousine."

## Don't Neglect Kidneys

### Swamp Root, Dr. Kilmer's Prescription, Overcomes Kidney Trouble

It is now conceded by physicians that the kidneys should have more attention as they control the other organs to a remarkable degree and do a tremendous amount of work in removing the poisons and waste matter from the system by filtering the blood.

The kidneys should receive some assistance when needed. We take less exercise, drink less water and often eat more rich, heavy food, thereby forcing the kidneys to do more work than nature intended. Evidence of kidney trouble, such as lame back, annoying bladder troubles, smarting or burning, brick-dust or sediment, sallow complexion, rheumatism, maybe weak or irregular heart action, warns you that your kidneys require help immediately to avoid more serious trouble.

An ideal herbal compound that has had most remarkable success as a kidney and bladder remedy is Dr. Kilmer's Swamp-Root. There is nothing else like it. It is Dr. Kilmer's prescription used in private practice and it is sure to benefit you. Get a bottle from your druggist.

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.

### A Preference.

"What's this book, Josh?" asked Farmer Cornstossel.

"That's a work on the higher mathematics, father."

"Well, I believe I'd like it more than the regular arithmetic. There wouldn't be so many people ready to call you down if you didn't get the right answer."

Pimples, boils, carbuncles, dry up and disappear with Doctor Pierce's Golden Medical Discovery. In tablets or liquid. Adv.

No matter how loose the engagement ring may be, the diamond never slips around out of sight on a girl's finger.

## TOWERS ABOVE ALL

### UNITED STATES A FINANCIAL GIANT AMONG NATIONS.

### Money in Actual Cash at the Disposal of the Government Has Never Been Equalled in the History of the Country.

Financial experts estimate that the banks of the country at present are able to withstand a financial strain of eight times the sum involved in the panic of 1907. Officials of the government believe that his is a correct appraisal of the present strength of the federal reserve system. The finances of the nation never before rested upon so firm a foundation.

At the present time there are on deposit with federal reserve agents in the various reserve districts approximately \$300,000,000 in cash, while the enormous reserve of \$600,000,000 is available at Washington for use wherever it may be needed.

While there are some politicians who would be satisfied with no financial system falling short of an actual distribution of reserve wealth to all the people, most sensible persons realize that the reserve system has completely vindicated itself, not merely by decentralizing money control, but by making possible a mobilization of the nation's finances at any given moment.

The country lacks adequate land defenses and still is not as strong as it ought to be on the seas. Moreover, it will take some time to perfect the industrial mobilization which is now in progress. The reserve strength of the nation, however, is clearly shown by the bank reserves. In any long test of strength the United States, by reason of these financial resources and natural resources, would be a formidable foe for any nation in the world.

### Steel Trust Toryism.

The Springfield Republican is perhaps the most scholarly paper in America, edited by and for thoughtful, studious men and women, and is normally Republican in its affiliations. Yet it says openly that the attitude of Hughes on the eight-hour law is toryism, that Woodrow Wilson is the only great progressive leader left in the United States, and that his stand in behalf of a shorter workday will be of incalculable benefit to millions of workers.

All that is true to the letter, but the Journal wishes to deal with one phase of the subject which was not brought out by the Republican. It is not merely blind conservatism that makes Mr. Hughes and other Republican campaigners turn their heaviest batteries of misrepresentation and abuse against the eight-hour law. They are pushed forward on this course by the political and industrial power of the biggest corporation on the planet, the steel trust.

The steel trust has been even more successful in crushing labor than in making steel. It has well-nigh stamped out unionism among its employees. It picks its laborers from as many races as possible, in order that prejudice and difficulty of communication may keep them from organizing. It uses the power thus gained in a manner that would excite the admiring envy of Simon Legree. It has adopted a policy of "speeding up" which leaves a workman old and worn out at forty, and it drives thousands of men at this killing pace for the longest workday known.—Chicago Journal.

### Statesmanship Up to Date.

The old idea of conservation, the idea preached and practiced by Roosevelt and Pinchot, was to lock up all unused natural resources and sit before the door with a shotgun. The new idea, which Secretary Lane has put into practice whenever congress would give him a chance to do so, is to permit the use of all natural resources in such manner as to prevent waste and to get full value for the public. In times like these, the quicker the new way is adopted throughout, the better.

It is of little use to attempt to appraise the influences which controlled and directed the people in the making of their verdict in choosing Woodrow Wilson as their chief executive. In Ohio, possibly local politics was the chief impelling force. In other states it was the price of wheat. In still other states it was woman's suffrage, and where the women determined the result no doubt the peace the president has maintained was regarded as the paramount consideration.

### In a Bad Fix.

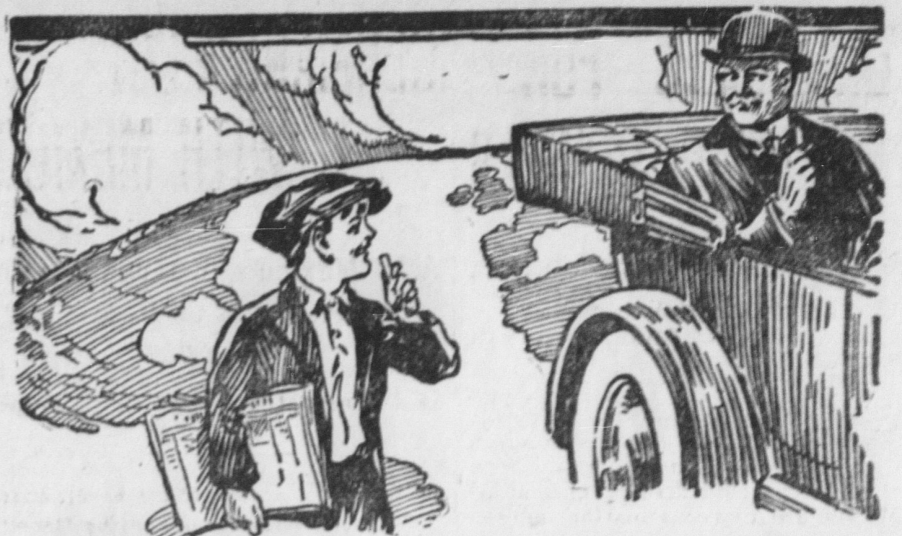
Republicans condemn Wilson policies and the things congress has done, but at the same time claim credit for originating most of those things which they condemn. "Whom the gods would destroy they first make mad." This being true, it looks much as though the Republicans were on the way to destruction.—Salem (Ore.) Journal.

### Speed Up Legislation.

No better advice could be given to congress than that of the president—that it should clear the decks. The routine bills, appropriation and other, must be passed in any case. Why not pass them now? Congress should await the uncertain future with at least its certain duties accomplished.

### Work of Agricultural Department.

One hundred and sixty-eight new department bulletins were issued by the United States department of agriculture during the last fiscal year.



## A Little Stick of WRIGLEY'S Makes the Whole World Kin!

### No climate affects it for the package protects it.

### WRIGLEY'S goes to all parts of the world—in all seasons, to all classes.

### Fresh, clean, wholesome and delicious always.

### It aids appetite and digestion, quenches thirst, keeps the teeth clean and breath sweet.

## Farm Hands Wanted

Western Canada Farmers require 50,000 American farm labourers at once. Urgent demand sent out for farm help by the Government of Canada.

Good Wages Steady Employment  
Low Railway Fares  
Pleasant Surroundings Comfortable Homes  
No Compulsory Military Service

Farm hands from the United States are absolutely guaranteed against conscription. This advertisement is to secure farm help to replace Canadian farmers who have enlisted for the war.

A splendid opportunity for the young man to investigate Western Canada's agricultural offerings, and to do so at but little expense.

Only Those Acustomed to Farming Need Apply

For particulars as to railway rates and districts requiring labour, or any other information regarding Western Canada apply to

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

### The Kind It Was.

"How did that smart yachting party get on?"

"They found the sea very rough."

"Then it was a real swell affair."

### 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. H. H. Fletcher* in Use for Over 30 Years. Children Cry for Fletcher's Castoria

### Undaunted.

"Have you a bette noire, Mrs. Come up?"

"Yes, indeed. I got one the last time we were in dear Paris, and we all just dote on it."

Indigestion produces disagreeable and sometimes alarming symptoms. Wright's Indian Vegetable Pills stimulate the digestive processes to function naturally. Adv.

There is a demand in Spain for hard-work of all kinds.

### Diet, Exercise or Death!

An eminent medical authority writes that most of our city folks die of a thickening of the arteries or of kidney disease. The kidneys become clogged and do not filter the poisons from the blood, and one trouble follows another, high blood pressure damages the heart, arteries and kidneys. Usually its danger signals are backache, pain here or there, swollen feet or ankles, rheumatic twinges or spots appearing before the eyes.

"The very best remedy is this: Eat meat but once a day, or not at all. Plenty of outdoor exercise, and drink pure water frequently. Before meals take a little Anurie, the great uric acid neutralizer that is easily obtained at the drug store. When you have dizziness, chills or sweating, worry, or dragging pains in back, try this wonderful enemy to uric acid, which Dr. Pierce of Buffalo, N. Y., discovered and named Anurie. Anurie, more potent than lithin, dissolves uric acid as hot water does sugar."

## Green's August Flower

When the stomach and liver are in good working order, in ninety-nine cases out of every hundred general good health prevails.

Green's August Flower has proven a blessing and has been used all over the civilized world during the last fifty odd years. It is a universal remedy for weak stomach, constipation and nervous indigestion. A dull headache, bad taste in the mouth in the morning, or that "tired feeling" are nature's warnings that something is wrong with the digestive apparatus. At such times Green's August Flower will quickly correct the difficulty and establish a normal condition. At all druggists' or dealers', 25c and 75c bottles.

## Green's August Flower

### HEALTHY CHILDREN come from healthy mothers.



And mothers will cordially be healthy if they'll take Dr. Pierce's Favorite Prescription. Nothing can equal it in building up a woman's strength, in regulating and assisting all her natural functions, and in putting in perfect order every part of the female system. It lessens the pains and burdens, supports and strengthens weak, nursing mothers.

It's an invigorating, restorative tonic, a soothing and tracing nerve. Castor oil is good for children or adults, and especially good for aged people. A pleasant form of a vegetable laxative that is to be had at any drug store, was invented by Dr. Pierce, who put together May-apple (podophyllin), aloes & jalap. Ask at any drug store for "Pleasant Pills," and they can be had for little money. They contain no calomel and are of vegetable constituents, therefore harmless.