

THOSE AWFUL GRAMPS

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, 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.

BREAD AS ECONOMICAL FOOD

Would Be Used More Extensively If Home-Baked Variety Was Always Good, Say Government Experts.

If home-baked bread were uniformly well made, it would be used more extensively than at present in place of more expensive foods, say specialists in the United States department of agriculture, and this would be a distinct economy. From the standpoint of nutrition it makes very little difference whether breadstuffs are served in the form of bread or in the form of breakfast cereals, side dishes with meat, or desserts. A man engaged in moderate muscular work can profitably consume about three-fourths of a pound a day of breadstuffs in any one of these forms. This quantity is the equivalent of one pound of baked bread. As a matter of fact, however, it is not probable that in the average family this quantity is consumed and the deficiency is made up by the use of more expensive substances. Of course bread alone is not sufficient for the maintenance of health, but from both an economical and a hygienic point of view should be used more extensively than it usually is, declare the experts.

The Reichsrath a Babel. That parliament of Babel, the reichsrath, now engaged in playing an obscure part in the Austro-Hungarian peace hunt, is permitted to express its emotions in eight official languages—symbolic of the war of tongues raging in the empire itself. In the great vocal chorus the Slavonian may be said to have struck the strident top note, for the very word he has coined for himself expresses the belief that no man is a talker except himself. “Slowan,” in Old Slavonian, meant “to speak,” and as the Slav understood no other speech, the others were naturally the dumb dogs.—London Daily Chronicle.

Still One More Task to Face. “So your long day's work is done?” “Not yet. I've finished as far as the office is concerned, but as soon as I get home and eat my supper I've got to go with my wife to some moving picture show.”

Say So! “Do you support any charity?” “Rather. I've got a son in college.”—Life.

The Danger Zone for Many Is Coffee Drinking

Some people find it wise to quit coffee when their nerves begin to “act up.”

The easy way nowadays is to switch to

Instant Postum

Nothing in pleasure is missed by the change, and greater comfort follows as the nerves rebuild.

Postum is economical to both health and purse.

“There's a Reason”

HANK GOWDY'S ACT WORTHY OF EMULATION



FIRST BASEBALL PLAYER TO ENLIST IN ARMY.

Baseball fans will never forget Harry (Hank) Gowdy. The tall blond catcher of the Boston Braves has made his name among professional ball players by not only acting on the diamond, although he is known by reputation wherever our national game is played. Gowdy is the first player among the hundreds eligible for national service in the major league who has enlisted. By thus coming to the front by his own voluntary act he not only displays a true Americanism which reflects great credit upon him personally, but also that of his profession. But he also has done an act that undoubtedly will be emulated by others of the professional diamond.

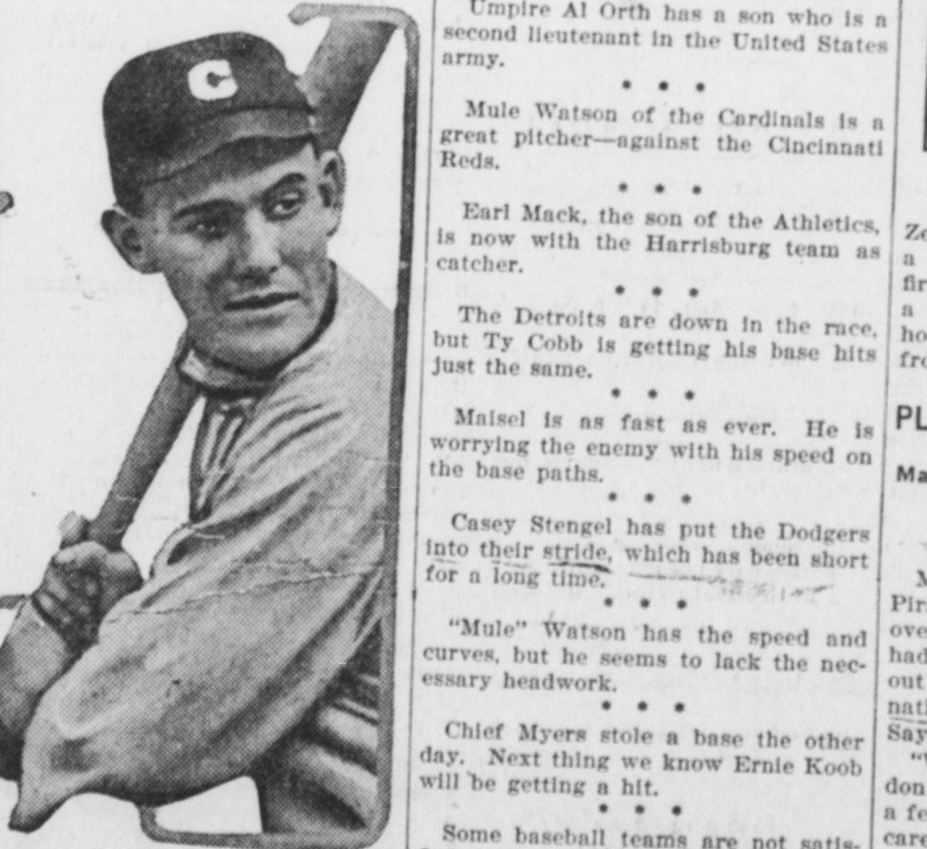
Gowdy is no ordinary ball player. Neither is he of ordinary mold. He is a recognized leader among those of his profession; a man with character and brains. Gowdy is a man who would have been successful in most any vocation that he might have selected, had not his skill as a ball player made him one of the best catchers in the oldest of the baseball organizations. For five years he has been the mainstay of the Braves back of the bat, and his work always has been conscientious and marked by a degree of skill that marked him a leader of those playing his position. He came into unusual prominence in the world's series between Boston and the Athletics in the fall of 1914, when the Braves were the first to win the championship title by taking four straight games.

Gowdy was the batting hero of the series. He also caught all the games for Boston, and his all-around playing as a catcher was never more brilliant in his career than in these games. Standing more than six feet, weighing close to 190 pounds, of fine intelligent face, with a shock of waving blond hair, he always has been a conspicuous figure on the professional diamond. Gowdy sacrifices a salary of \$9,000 as a ball player to serve his country in the humble capacity of a private in the Ohio National Guard.

All honor and glory to Gowdy.

RAY CHAPMAN HELPS INDIANS Best Shortstop in American League In 1915 Again Back in Stride—Is Speedy on Bases.

One factor in the Indians' getting into the first division is the return of Ray Chapman to the form he displayed in 1915, when he was known as the best shortstop in the league when every department of the game was considered. He is fielding brilliantly again, is hitting over 300, has made many extra-base hits, is getting on bases consistently, leads in stolen bases and is tied for second honors as a run-getter. His speed on the bases has been marvelous, especially when one recalls



Ray Chapman.

that three years ago he broke his ankle and a year ago was out a month with water on the knee, an accident that many thought would result in his slowing up.

LOSE EXTRA-INNING GAMES Giants Begin to Get Fidgety After Contest Has Gone Beyond the Regulation Distance.

One thing which is absolutely essential for the Giants to acquire to be considered a real high-class team is the ability to win extra-inning games, writes Frederick G. Lieb in the New York Sun. Imagine a team like the old Cubs or the Athletics of a few years back being considered beaten after a game had passed the nine-inning stage. The Athletics practically were unbeatable in extra innings. Yet on the Polo grounds as soon as a game goes into the tenth inning the fans say “Good-night.”

In a way, the mentality of the Giants players is largely responsible for this so-called fidgeting. They have lost so many extra-inning games at home during the last two seasons that they get fidgety after a game goes beyond the regulation distance.

Philadelphia predicts that Rube Schauer will earn his salt for the Athletics, but whether that means anything or not depends on the price of salt. Trying to tell where those top three National league teams will finish is like trying to tell where you are by looking out of a train window at night.

BETTING ON BASEBALL

“The amount of money that is wagered on baseball,” says Arnold Rothstein, “is grossly exaggerated. I find that there is little real betting on the daily games. Now and then someone will offer to bet a fair amount that a certain pitcher will beat the Giants, but these offers are few and far between.”

“You will hear it said that \$1,000,000 has been wagered on the Giants winning the pennant this year. Don't believe it. The true amount is nearer \$100,000. One man who is reputed to have wagered \$50,000 on McGraw's team has only \$15,000. He would bet the other \$35,000, but he can't get it covered at even money. “There is little or no money bet on the American league race. A few small bets have been made that the Yankees will finish higher than the White Sox. Baseball is not a good betting proposition, which may be just as well for the game.”

ROLLO ZEIDER A HANDY MAN

Cub Player Is Batting Viciously and Can Play Any Infield Position With Dexterity.

Rollo Zeider is proving a handy man for the Cubs. He is batting vehemently and can play any infield position with considerable range and dexterity.



Rollo Zeider.

Zeider was once a White Sox, and later a Yank, handicapped by a pedal infirmity, and not able to show his good player he was until he went to a hospital and had himself amputated from a bunion.

PLAY BASEBALL IN EUROPE

Manager Callahan of Pirates Thinks American Game Will Be Introduced After War Ends.

Manager Jimmy Callahan of the Pirates believes that after the war is over and the various countries have had a chance to straighten themselves out and commence living again, international baseball will be a possibility. Says Jimmy:

“When we played our games in London with the round-world teams a few years ago, the Britishers did not care much for the sport. Ground balls, and the fielding of them, did not interest them much, not nearly so much as fly balls which were caught. It didn't matter if it was a foul ball. They would applaud these and the fielding that went with them. Balls of that sort had cricket features, I suppose. Running bases and sliding or back to a base were things they were inclined to laugh at and treat as a joke. I think that after the war if we take two teams over things will be different, and that there will be a grand opportunity to put in some links for international baseball. Why not? It is far ahead of every other game that's played.”

FOUR NO-HIT GAMES IN 1908

Major League Pitchers Establish New Record in This Department of Professional Ball.

The four no-hit games hurled by major league pitchers during the first month of 1917 season have established a new record in this department of professional baseball. The major league annals show that the greatest number of no-hit games pitched in any one season was in 1908, when there were four in the American and two in the National league. In 1900, 1905 and 1916 four such feats were recorded.

Whenever You Need a General Tonic Take Groves' The Old Standard Groves' Tasteless and Odorless Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

A Sporting Event. At a recent sports meeting in a country town an old countryman picked up a dissipated program of events and was studying it earnestly when a swell approached him. “Hello, old chap, what's the next event on the program?” “Old Man (looking up from his card) —A donkey race, sir. Are you going to run?”

War Spirit Contagious. Sir Herbert Beerbohm Tree was more than once placed in a perplexing position by the loss of members of his cast during his tour throughout Canada and the United States. No less than ten members enlisted, including two ladies for service in war hospitals. One humorous incident occurred after the engagement of a “deputy” in the United States. She was not very much interested in the war prior to her appointment, but the talk behind the scenes among the company bore so frequently on the loss of relatives at the front that she felt one night impelled to volunteer as a nurse, was eventually accepted, and her place had to be filled.

Rubber Consumption Growing. Consumption of rubber per capita is more than twice what it was 25 years ago. One company expects to manufacture uppers of shoes from rubber as well as soles. This company will operate its own merchant marine to bring crude rubber from Sumatra and carry manufactured articles to all parts of the world. The company now employs 28,621 men, and manufactures 218,930 pairs of rubber shoes a day. More than a million trees on Sumatra plantations are being tapped. Choosing His Words. Wife—“Why are you speaking so sharply?” Hubby—“Because I want to get a word in edgeways.”

Save the Babies INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent, or nearly one-quarter, die before they reach one year; thirty-seven per cent, or more than one-third, before they are five, and one-half before they are fifteen! We do not hesitate to say that a timely use of Castoria would save many of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations, more or less opium or morphine. They are, in considerable quantities, deadly poisons. In any quantity, they stupefy, retard circulation and lead to congestions, sickness, death. There can be no danger in the use of Castoria if it bears the signature of Chas. H. Fletcher as it contains no opiates or narcotics of any kind. Genuine Castoria always bears the signature of Chas. H. Fletcher.

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. There is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is healthy and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature as to reduced railway rates to Dept. of Immigration, Ottawa, Can., or to J. P. JAFFRAY, Car. Walnut & Broad Sts., Philadelphia, Pa. Canadian Government Agent.

Every Woman Wants Partine ANTISEPTIC POWDER FOR PERSONAL HYGIENE Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. His extraordinary cleansing and germicidal power. Sample Free. 50c. all druggists, or mailed by express, prepaid, to Wm. L. GARDNER, 120 N. BROADWAY, BROOKLYN, N. Y.

LABORERS — White and Colored Steady Work — Good Wages Excellent opportunity for handy men to advance in all trades. Can also use all classes of Mechanics at Good Wages. Apply in person to Bethlehem Steel Co., Sparrow's Point, Md. FARMERS—United States Government will loan you money to buy a farm. \$5 to \$10,000. A few hundred dollars starts you. Farm loan will be repaid over 20 years. Government owns the land. Write for particulars and new farm list free. REED & CO., Real Estate, HEAVER FALLS, PA.

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Sore Eyes Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Marine Eye Remedy. No Smearing, just Eye Comfort. At Druggists or by mail 50c per Bottle. Marine Eye Solves in Tubes 25c. For Book of the Eye I.W.E.E. ask Marine Eye Remedy Co., Chicago W. N. U., BALTIMORE, MD. 27-1917.