

Keep Yourself Fit

You can't afford to be laid up with sore, aching kidneys in these days of high prices. Some occupations bring kidney troubles; almost any work makes weak kidneys worse. If you feel tired all the time, and suffer with lame back, sharp pains, dizzy spells, headaches and disordered kidney action, use Doan's Kidney Pills. It may save an attack of rheumatism, dropsy, or Bright's disease. Doan's have helped thousands back to health.

A Virginia Case

Alex. Umberger, Spiller St., Wytheville, Va., says: "I had a steady, dull ache across the small of my back. Hard work and heavy lifting brought on the trouble. The kidney secretions were irregular and painful in passages and at times, the backache was so severe, I could hardly straighten. It was hard for me to get out of bed mornings. Doan's Kidney Pills strengthened my back and regulated my kidneys and the benefit has been permanent."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

When a fox occupies the Judge's bench the goose on trial had no earthly show.

Constipation generally indicates disordered stomach, liver and bowels. Wright's Indian Vegetable Pills restores regularity without griping. Adv.

Afraid of Churches.

"You seldom go to church."
"No. I was married in one."—Detroit Free Press.

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist Sold in all civilized countries.—Adv.

Oyster Beds for Great Salt Lake.

Plans have been made to begin the propagation of oysters in Bear River bay, Salt Lake, Utah, this spring, says Popular Mechanics Magazine in an illustrated article. Experiments and scientific study of local conditions have indicated, to the satisfaction of the state fish and game commissioner, that the enterprise is a thoroughly feasible one. A analysis has shown that the percentage of salt in the water is practically the same as in ocean oyster beds. In searching for a desirable section of the bay to commence operations, those in charge of the work used an amphibious craft built particularly for navigating shallow waters and negotiating salt and mud bars. The boat, a long, narrow motor-driven scow, is provided with side wheels that propel it through the water and across mud.

Too Fast for the Dictionaries.

Judge Ruppenthal says the language continues to outrun the dictionaries. In the judge's own Kansas dictionary, which he has compiled through many years in shortgrass courts, there are more than 1,000 western words and phrases which are not in any other dictionary. Judge Ruppenthal also reports that the latest Standard and Webster lexicons do not seem to have heard of Colonel Roosevelt's familiar "Jugo-Slav," or of the army "barrage."—Kansas City Star.

Seems Impossible.
"I can imagine many things, but—" "But what?" "But a Russian making peace."

There are prophets who hate the sunlight because it brightens the gloomy surface of their prophecy.



Your comfortable, healthy, well-to-do neighbor uses **INSTANT POSTUM** instead of coffee. Ever ask him the reason? **Might be worth while—especially if you are one of those with whom coffee doesn't agree.**
"There's a Reason"

DOLLIE'S CAREER

By MILDRED WHITE.

(Copyright, 1918, Western Newspaper Union.)

"Jack," said Dollie suddenly, "has it ever occurred to you that I ought to give serious thought to preparing for my future?"

"Dollie," I answered reproachfully, "how many times have I tried to persuade you to let me care for your future?"

"But I don't want to marry and settle down, like everyone else," Dollie answered impatiently. "I intend to be famed—to have a career. Besides—" she added—"suppose we did marry—you might die any day, and what would become of me?"

There was no gainsaying this cheerful possibility. "No," she continued firmly, "I must learn to provide for myself, and strictly in confidence, Jack, I do not mind saying that I have decided upon literature as a profession."

"Write novels?" I questioned.
"Write stories," said Dollie. "Now, I happen to need a new frock, but unfortunately daddy does not think so. If I should write a story say today—"

Dollie wrinkled her brows—"The editor would get it tomorrow, Tuesday, then if he sent my check Wednesday, it ought to reach me before the latter part of the week, don't you think so?"
"If he sends the check Wednesday," I agreed.

"Well," said Dollie, jumping up and running over to her desk, "keep very quiet like a dear, and I will write the story now, then you may have the privilege of reading it before you go, and may also drop it into the mail box upon your way home."

There was silence for a few moments. I pretended to read while Dollie scribbled furiously. Presently she raised a flushed and troubled face: "Such a horrid, difficult character," Dollie exclaimed petulantly. "Everything she says looks queer on paper, you see, Martha—that is her name—is supposed to be a little country girl living in some far-away, desolate place."

"Under those circumstances," I suggested, "perhaps she doesn't know any better."

"Why, that is so," said Dollie, encouraged, and the pencil flew again.
"If—" a small voice remarked a few minutes later—"if one knew positively just how the people talk in that part of the country, one might call their language—dialect."

"Call it any old thing you like," I comforted, "and if the author doesn't know, no one else will."

Dollie looked at me a bit suspiciously, but was soon absorbed in her story. "What is the matter now?" I asked, as a deep frown appeared between her beautiful eyes.

"It is the lady," Dollie complained, "the refined, cultured lady from the city, she is just as impossible as the other one and—I can't make her talk dialect, can I?"

"Dollie," I began soothingly, but was quickly interrupted:

"Jack," she burst out, "I wish you would cease calling me by that ridiculous name. It is very unsuitable."

"Unsuitable!" I cried, and drawing nearer, dared to speak in a manner which is usually silenced by Dollie. I compared her to all the radiant, beautiful things of earth—her eyes were twin violets steeped in dew; her cheeks had stolen their soft pink from the rose petals. Dollie was evidently carried away by my eloquence, for she regarded me long and attentively, with a sweet, dreamy expression that was most encouraging.

"Jack," she asked, as I finally paused for breath, "I have been trying to think, how do you spell apologetically?"

"Good heavens!" I exclaimed, and collapsed in my chair. Dollie's eyes twinkled.

"I forget whether it has one or two 's,'" she said.

But I sat up in injured silence; the sound of tearing paper caused me to look up. Dollie was furiously considering her first literary effort to the flames.

"I am not going to write stories for a living," she announced, "it spoils one's temper."

"But the check for your new dress—" I reminded.

"Oh, well, there are other things," Dollie answered serenely. "I might teach music, for instance."

Immediately she was at the piano running her fingers up and down the keys. "I believe," she said over her shoulder, "that I shall only take men pupils, you see, they are not so critical as women, a man would sit beside me on this bench for instance, exactly as the book directs."

"No doubt of it," I answered sullenly.

"Dorothy Dart, Teacher of Music for Young Men Only," Dollie quoted musingly, and began to play a jolly little waltz. After the last note had died away, she turned slowly about upon the piano stool. "Perhaps it would be well," she said, "to have at first just one pupil." Silence. "Jack," asked a very humble little voice, "when would you like to begin your lessons?"

And after a long time, oh, a long and blissful time, Dollie raised her curly head from my shoulder. "Dear," she said, "dear, you are such a dense old stupid, that I think I shall have to take you as a life pupil." And she did.

Elements in Friendship.
There are two elements that go to the composition of friendship: Truth and Tenderness.—Emerson.

SPRING GOWNS AT HOME AND ABROAD

New York.—That large segment of people on this continent, called society, which means those who have money to indulge in what they wish to do, has been unable to decide between two problems.

They did not know whether it was best to fight out the cold of hellish houses in the North or to take their



Simple frock for young girl. It is of blue georgette crepe, the skirt tucked in groups. The waist is finely tucked and finished at the neck with a white organdie fichu.

chances of getting South within a few days after they started. Each case brought its train of evils. Each situation was full of discomfort.

The majority of them shrugged their shoulders with the trick we are trying to learn from the French and used the phrase that has become incorporated in our language, "dans la guerre, comme la guerre."

The dressmakers, who must be opportunists, divided their time between offering stay-at-home clothes that looked as though they were intended for a Siberian winter, and thin apparel that is always associated with the sands of Palm Beach in February.

Havana presents more novelty than the Florida, Georgia and South Carolina cities. Another language is spoken, other customs prevail and the Latin brush has been passed over everything and left its mark of color, allurements and brilliancy. Therefore, the clothes that went to Cuba were extremely good looking.

Shifting of Fashion.

It is undoubtedly important to take cognizance of the clothes that were invented for the South. They were put out in a tentative manner because of chaotic conditions that the war brought about not only in travel, but in the expenditure of money. The dressmakers knew that no one would want these clothes except for Augusts, Havanas, Miami and Palm Beach.

Aiken puts its faith in sport clothes. Possibly that is because Aiken is essentially more fashionable and has more social prestige than any other colony foregathered in the South, and as it is intimate and goes there for outdoor pleasure purely, it not only indulges in new sport clothes, but in many, many old ones.

The straight silhouette has been approved, the scarcity of material accepted, plaited skirts are accomplished and the verdict has been given for strictly tailored and mannish apparel. And yet, before the eyes, an actual and concrete fact, are frocks that are girlish and futile and full of small and minor trifles that destroy elegance.

There are fichus and ruchings and plaited bands of ribbon and silly sashes and awkward loopings at the ankles, and baby sleeves finished with ruffles and sometimes with a few blossoms.

Is this the new silhouette produced by America? Has it anything to do with Paris? Is it a makeshift or a determined effort to change what has been into something that has been dropped?

The Paris doors are opening to the few American buyers that have crossed the ocean, and the sketches of the new gowns, as they have been outlined in Paris, do not lead one to suppose that there is any shifting of fashion over there from a severe, straight silhouette to a Dolly Varden kind of a thing that is utterly unbecoming to the American woman and has nothing in common with her stern activities in wartime.

Over there, Bulloz, who has had a dominating influence on clothes for three years, has thrown his cap over the windmill and gone in for the director. This is a fashion that the American woman wears in a manner

peculiarly suitable to her figure and personality.

Sleeves fit the arm at the top and branch out into wide cuffs or flares that are lined with brilliant, striped silks, and the elongated decolletage that shows the neck only as far as the collarbone is quite severe, edged with an upstanding ruche of white tulle or organdie.

Chains of brilliant quartz or carved, opaque stones drop over the plain, tight blouses in the early Italian fashion. Sleeves are sometimes laced, as they were in the days when Ghirlandajo painted the lovely Giovanna Tornabuoni on the canvas which is now owned by J. Pierpont Morgan.

March will decide the issue between the two fashions. America is evidently striving to produce a silhouette of her own, and she is trying it out at the Southern resorts. It consists of a straight, narrow skirt and a short Eton jacket, or a drapery of material that suggests such a jacket. She is destroying all severity of line by adding ruchings, plaited ribbons and various kinds of ornamentation that break the surface and do not sharply outline it.

The Spring Materials.

There is a patriotic effort made by the American dressmakers to bring in such fabrics as are produced by our cotton mills.

The use of the gayly colored calicoes of the South which have been worn by the negroes for generations, has long been advocated, and the use of the bandanna handkerchief for trimming. It is quite possible that the northern part of the country has never quite realized the beauty of the cheap fabrics that are turned out in bales by the Southern mills.

Calico has never come into its own in this country, although Paul Poiret admired it more than any other national fabric that we offer. There is an effort being made to introduce it at the Florida resorts this spring, and it may come about that we shall see it in a great variety of costumes late in the season.

Jersey is rampant, and when made of artificial silk threads or of thin worsteds, it holds its own in an amazing manner. The novelty jersey shows a cream or oyster white background with a large and rather grotesque ornament woven into it or applied by means of small beads.

All the Chinese fabrics have been reinstated. Shantung in its khaki color has again been found an admirable material, especially when its dullness is enlivened by a bit of Natter blue, deep scarlet and sometimes with a combination of black and orange.

Georgette crepe has a powerful position. It has taken on a bit of kinship to the embroidered jersey by having stamped circles or interlaced rings dripping across its surface. It comes in odd colors of light blue with rings of deeper blue.

Brilliantly printed silks, usually of American make, are put back into the spring fashions, although they need an artist to incorporate them in a costume. The world is rather weary of the Futuristic designs, as they have



Afternoon gown of shantung. It is khaki-colored and the collar is natterier blue. The sash is finished with blue silk tassels and there is a chemiselet of tulle. The elbow sleeves are an added feature.

been commonized in these silks to an alarming degree. The Italian striping is preferred, especially when used as a sash, as a turnover collar or as facings to the wide Italian sleeves that the French designers have pressed upon their public.

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Easy to figure the Profits

Where in Western Canada you can buy at from \$15 to \$20 per acre good farm land that will raise 20 to 45 bushels to the acre of \$2 wheat — its easy to figure the profits. Many Western Canadian farmers (scores of them from the U. S.) have paid for their land from a single crop. Such an opportunity for 100% profit on labor and investment is worth investigation.

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 or Alberta. Think what you can make with wheat at \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming and cattle raising.

The climate is healthful and agreeable; railway facilities excellent; good schools and churches convenient. Write for literature and particulars as to reduced railway rates to Supt. Immigration, Ottawa, Canada, or to

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

Sounded Like Lying.

The kid came home from school and said: "Hazel Smith is an awful liar or else her brother Jimmie is."

"Why, Robert," exclaimed the mother, "you mustn't talk that way. What do you mean?"

"Well, I met Jimmie how many sisters he had, an' he said two. An' then I met Hazel the same thing, an' she said she had only one sister, an' Jimmie stuck to it that he had two sisters. So one of 'em's a liar!"

"Cold in the Head"

is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. All Druggists. Testimonials free. \$1.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure. F. J. Cheney & Co., Toledo, Ohio.

Might Have to Say Them Twice.

While snowbound at his aunt's house my son Harold was put to bed temporarily, waiting for the storm to cease. Aunt Edith said to him: "Harold, why don't you say your prayers?" and he sweetly answered: "I don't know if I should say my prayers because I don't know if I'm going to sleep here tonight."—Chicago Tribune.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 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.

Dry Town and Dry Vegetables.

A dehydrated or dry vegetable is one from which all the water has been extracted, but a dry town is a town where there's nothing but water.—Portland Press.

Many Children Are Sickly.

Mother Gray's Sweet Powders for Children break up Colds in 24 hours, relieve Feverishness, Headache, Stomach Troubles, Teething Disorders, move and regulate the bowels, and Destroy Worms. They are so pleasant to take children like them. Used by mothers for 31 years. All Druggists, Etc. Sample FREE. Address, Mother Gray Co., Le Roy, N. Y.

Easy to Borrow.

Some men feel sure that their credit is good because of the fact that they have never had any difficulty borrowing trouble.—St. Paul Pioneer-Press.

The occasional use of Roman Eye Balsam at night will prevent and relieve tired eyes, watery eyes, and eye strain. Adv.

No excuse will serve when he who has been saved to service fails to serve.

For Constipation, Biliousness, Liver and Kidney troubles, take Garfield Tea. Adv.

Half a loaf is better than a whole loafer.

And in this era of man-hunting, lots of men are "stalking" the field.

To Prevent Grip

Fortify the System Against Winter Cold

The strong withstand the Winter Cold Better than the Weak. If your Blood is not in a healthy condition and does not circulate properly, your system will not be able to withstand the Winter Cold. Old people who are feeble and younger people who are weak, will be strengthened and enabled to go through the cold weather by taking regularly

Grove's Tasteless chill Tonic

Contains the well-known tonic properties of QUININE and IRON. It purifies and enriches the blood and builds up the whole system, thus fortifying the system against colds and grip. Price 60c.

Whenever You Need a General Tonic Take Grove's