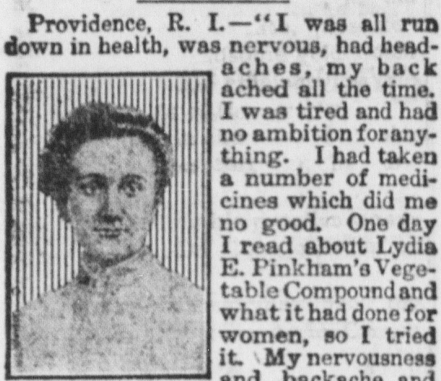


# HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.



Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELINA B. LYNCH, 100 Plain St., Providence, R. I.

**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. Has extraordinary cleansing and germicidal power. Sample Free. 50¢ all druggists, or postpaid by mail. The Patton Toilet Company, Boston, Mass.

**Soothe Your Itching Skin With Cuticura**  
All druggists. Soap 25¢. Ointment 25¢. Talcum 25¢. Sample each free of "Cuticura," Dept. K, Boston.

**FOUR AUTO TIRES \$31**  
Buy direct from factory and save half. Four tires, guaranteed 3,000 miles, 30x3. Ford size, two cord style, two non-skids, all for \$31. Sixty-one big reduction. \$34 only \$18. Illustrated folder giving names of tires, prices, etc., mailed free.

**Capital Wanted** To put on market remedies of second druggist has been years gathering formulas of W. W. McKAY, 22 W. 143rd Street, New York

It is illegal in Saskatchewan, this year, to destroy straw stacks in accordance with a general farm custom in the Canadian as well as in the United States West. In the past, farmers, after setting aside sufficient straw for their own use, burned the apparently useless remainder. The war is dispelling the belief, in country as well as in town, that there are such things as useless remainders. Straw has become a necessary raw material, and the order prohibiting its destruction may be followed by another forbidding the wholesale burning of autumn leaves, instead of using them for fertilizing purposes.

**A Mere Trifle.**  
Mother—You have been naughty. Waldo and I shall have to punish you for it. I hope you know what I mean when I say you have been naughty.  
Little Waldo—Yes, mother. My knowledge of philosophy tells me that naughtiness is the diminutive of naught. Meaning, therefore, that you are about to punish me for less than nothing.

**ELIXIR BARK A GOOD TONIC**  
And Drives Malaria Out of the System.  
"Your 'Bark' acts like magic; I have given it to numerous people in my parish who were suffering with chills, malaria and fever. I recommend it to those who are suffering and in need of a good tonic."—Rev. S. Stepanowski, St. Stephen's Church, Perth Amboy, N. J.  
Elixir Bark, 50 cents, all druggists or by Parcel Post, prepaid, from Kloczewski & Co., Washington, D. C.

**Pop Knows.**  
Willie—Say, pop, what are the fortunes of war?  
Pop—You'll have to ask some of these profiteers, my boy.

**No Worms in a Healthy Child**  
All children troubled with worms have an unhealthy color, which indicates poor blood, and as a rule, there is more or less stomach disturbance. GROW'S TASTELESS CHILL TONIC given regularly for two or three weeks will quickly drive the worms from the system and act as a general strengthening tonic to the whole system. Rating will then show off or drop the worms, and the child will be in perfect health. Priced to take. 50¢ per bottle.

**Wring Place.**  
"Let's season the meal with a little attic salt?" "Attic? Why, we keep ours in the kitchen."

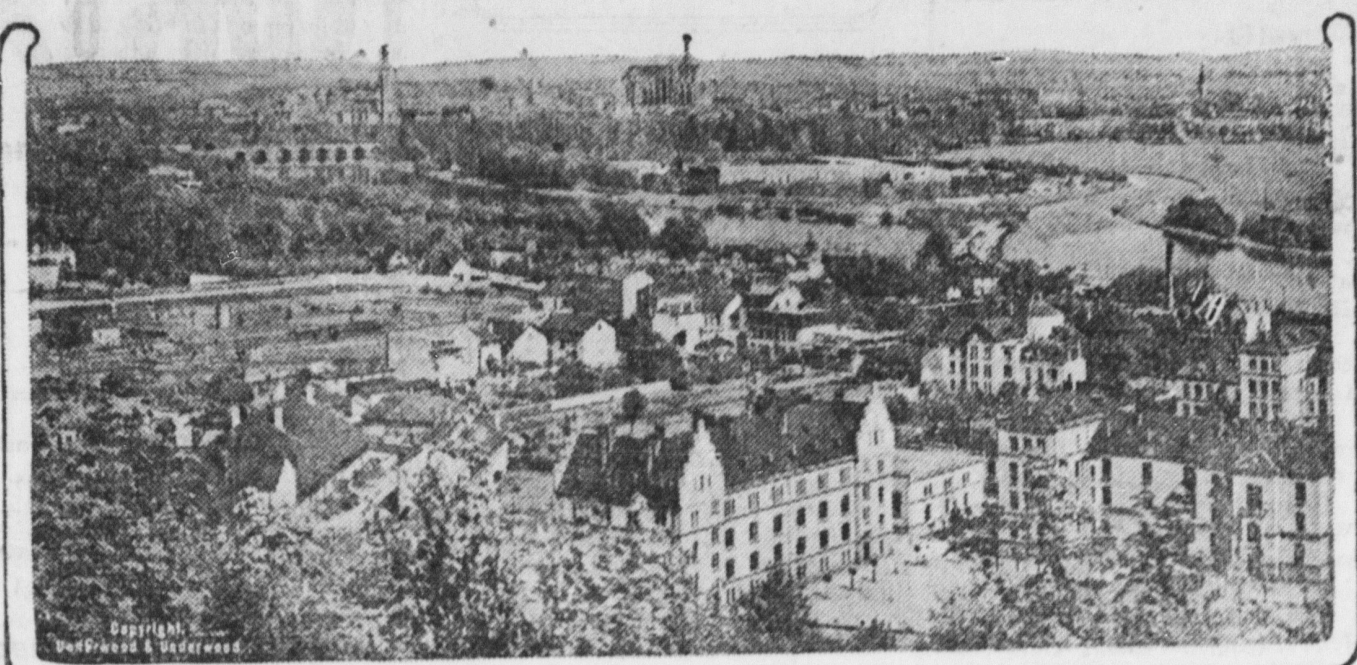
**Dr. Peery's "Dead Shot"** is powerful but safe. One dose is enough to expel Worms or Tapeworm. No castor oil necessary. Adv.

Chicago will give medals to most successful war gardeners.

New York's combined railway ticket office requires 60 ticket clerks.

**Your Granulated Eyelids, Eyes Inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggist or by mail 60¢ per Bottle. For Book of the Eye free write to Murine Eye Remedy Co., Chicago.**

## VIEW OF METZ, WHICH THE AMERICANS ARE SHELLING



View of the city of Metz, which is now under fire of the American artillery. This is the most powerfully fortified city in the world.

## TROOP SUPPLIES 3 MONTHS AHEAD

Tours.—The American army in Europe could be fed and clothed and all its creature comforts looked after for three months if not another pound of supplies was secured. This was the statement made here by officers of the army quartermaster's department, which directs this mammoth work of supplies.

It gives an idea of the vast stock of reserve resources stored in the miles of warehouses stretching from the coast inland to the fighting line, and it is a comforting assurance, too, that this huge reserve will be kept up through the coming winter period, so that the American soldier's warmth, as well as his food and clothing, will be fully looked after.

**Some Big Job.**  
It is a huge undertaking to feed a million men even for a single day—a million men scattered to a thousand points, in trenches, on battlefields and camps, along 300 miles of front and for a depth of 500 miles. And when are added housing and clothing and the period is extended through the winter months of cold and frost, with the prospect that another million or two of men may be headed this way before long—with these elements one gets some idea of the magnitude of the supply problem for a million or more men.

Here at the center of the system, where the receipts are regulated and the distribution made, there was an opportunity of learning some of the details of how the system operates.

In the food branch alone it takes over 4,000,000 pounds of food every day to feed the army. This prodigious daily consumption of food embraces 1,000 pounds of flour baked into a million pounds of bread every day, 875,000 pounds of fresh beef, 875,000 pounds of potatoes, 200,000 pounds of sugar and 125,000 pounds of tomatoes. The pepper and salt for a single day is 42,500 pounds.

Army coffee is roasted at the rate of 70,000 pounds a day, and it takes 20,000 pounds of solidified alcohol to cook this coffee through the month.

The beef is the bulkiest product used each day, and occupies a daily space of 45,000 cubic feet, or about the dimensions of a business block, of solid meat. Flour comes next, requiring 25,000 cubic feet of daily space, and potatoes about the same.

**A Few Daily Items.**  
These are only a few of the main items. But the list runs all through the many requirements of the overseas army ration, with vast quantities in each case. Here are some of the other daily items: Bacon, 225,000 pounds; beans, 75,000 pounds; rice, 50,000 pounds; onions, 250,000 pounds; evaporated fruit, 70,000 pounds; jam, 70,000 pounds; milk, 62,500 pounds; vinegar, 40,000 pounds; lard, 40,000 pounds; butter, 31,000 pounds; syrup, 40,000 pounds.

These being included in the overseas ration, every one of the million

## "Y" MAN NEEDS SLEEP

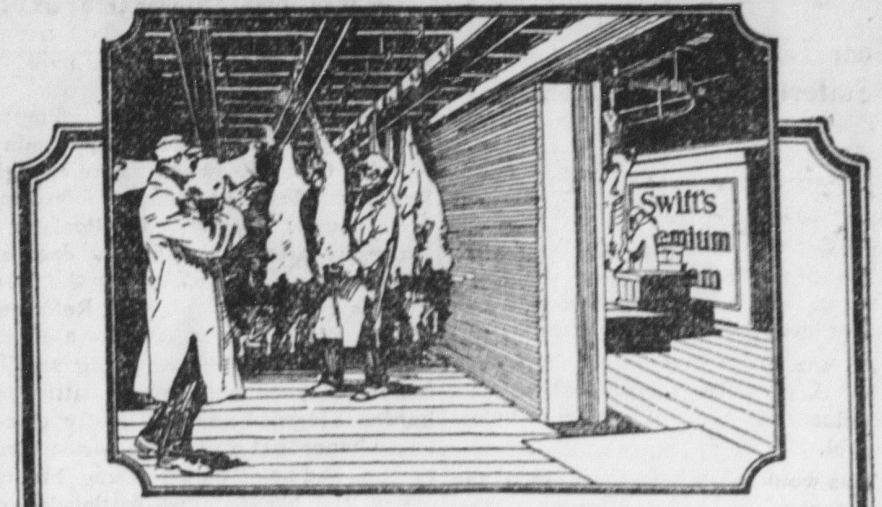
**By E. M. BATCHELOR.**  
"No boys, I'm not so very tired," said the Y. M. C. A. secretary. "Just a little after a week of that," indicating with a wave of his hand the country behind, from which came incessant sounds of artillery and machine-gun fire.

But he was dead tired, and the ambulance driver who was giving him a ride knew it. The secretary's head bobbed from side to side as the ambulance thumped along the rough road. At intervals the Y. M. C. A. man slept, roughly roused whenever a shell-hole jolted him against the side of the vehicle.

The ambulance was stopped by the side of the road so that the driver might tighten a loose bolt. "I guess I'll lie down for a minute while you are working," said the Y. M. C. A. secretary. In a second he was sound asleep by the road.

An hour later the driver shook him.

**Wants Twins in Same Company.**  
Topeka, Kan.—Martin Litke, a farmer of Council Grove, does not ask exemption for his twin sons, George and Jerry. All he wanted of the district draft board was that they should go to war together. The board granted the request.



## Ice Boxes on Wheels

Refrigerator cars for carrying meat are ice boxes traveling on wheels.

Most people in America would have to go without fresh meat, or would have to pay more for what they could get, if it were not for these traveling ice boxes.

Gustavus F. Swift, the first Swift in the packing industry, saw the need of these traveling ice boxes before others.

He asked the railroads to build them. The railroads refused. They were equipped, and preferred to haul cattle rather than dressed beef.

So Gustavus F. Swift had to make the cars himself. The first one was a box car rigged up to hold ice. Now there are 7,000 Swift refrigerator cars. Each one is as fine an ice box as you have in your home.

Day and night, fair weather and foul, through heat and cold, these 7,000 cars go rolling up and down the country, keeping meat just right, on its way to you.

Thus another phase of Swift & Company's activities has grown to meet a need no one else could or would supply, in way that matched Swift & Company ideas of being useful.

When you see one of these Swift & Company cars in a train, or on a siding, you will be reminded of what is being done for you as the fruit of experience and a desire to serve.

Swift & Company, U. S. A.

**FOURTH LIBERTY LOAN**  
Lend the Way They Fight Buy Liberty Bonds

**In Perfect English.**  
Private Speedy, formerly a New Orleans citizen, and a late arrival in France, happened to walk alongside of two French appearing girls and remarked to his pal, in a tone loud enough to be heard by the girls: "Aren't those two girls pretty? I could learn to love them." Whereupon the girls turned around and one said in perfect English: "For the love of Mike cut it out. How do you get that way?" Speedy retreated in great haste.

**Los Angeles destroyed 4,500 cats** this year in the interests of food conservation.

**Pennsylvania Agricultural college** has 1,800 students.

## Indigestion, Bloat, Heartburn, Caused by Acid-Stomach

What is the cause of indigestion, dyspepsia, bloat, heartburn, food-repeating, belching, gassy, sour stomach, and so many stomach ills? Just this—acid-stomach—superacidity as the doctors call it. It robs millions of their full strength, vitality and the power to enjoy life—to be real men and women.

It is well known that an acid stomach destroys the teeth. The acid is so powerful that it eats right through the hard enamel and causes the teeth to decay. It is fair warning of what excess acidity will do to the delicate organization of the stomach; as a matter of fact, excess acidity not only produces a great many painful and disagreeable symptoms that we generally name "stomach troubles," but it is the creator of a long train of very serious ailments. Acid stomach interferes with the digestion and causes the food to ferment. This mass of sour, fermented food passes into the intestines, where it becomes the breeding place for germs and toxic poisons, which in turn are absorbed into the blood and distributed throughout the entire body.

Wherever you go you see victims of acid-stomach—people who, while not actually down sick are always complaining of indigestion, food doesn't digest, belching all the time, continually complaining of being weak and tired and worn out. It is the excess acidity that takes the pep and punch out of them, leaves little or no vitality.

Strike at the very cause of all the trouble and clean this excess acid out of the stomach. This will give the stomach a chance to digest the food properly; nature will do the rest.

A wonderful new remedy removes excess acid without the slightest discomfort. It is called RATIONIC, made in the form of tablets—they are good to eat—just like a bit of candy. RATIONIC literally absorbs the injurious excess acid and carries it away through the intestines. It drives the bloat out of the body—you can fairly feel it work.

Try RATIONIC and see how quickly it banishes bloat, heartburn, belching, food-repeating, indigestion, etc. See too, how quickly your general health improves—how much more of your food is digested—how nervousness and irritability disappear. Learn how easy it is to get back your physical and mental punch. Have the power and energy to work with vim. Enjoy the good things of life. Learn what it means to fairly bubble over with health.

So get a box of RATIONIC from your druggist today. We authorize him to guarantee RATIONIC to please you and you can trust your druggist to make this guarantee good. If it fails in any way, take it back—he will refund your money.

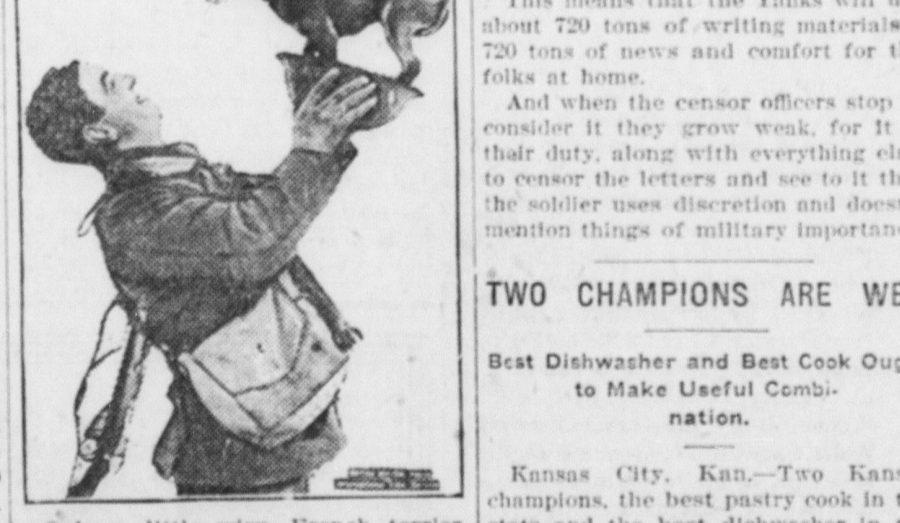
## GET WRITING CRAZE

**Yankee Fighters Heap Troubles on the Censor.**  
When Out of the Trenches He "Tells 'Em About It" in Reams and Reams.

Paris.—The letter-writing craze has struck the American army. Just as soon as he gets out of the trenches the doughboy washes up, scurries around for pen and paper and sets down to tell 'em all about it. And he tells 'em in reams and reams.

"Well, let's see," he says, as he meditatively kicks his steel helmet

## PAL TO TOMMY ATKINS



Only a little wiry, French terrier, but a pal to this lonely Tommy out on "No Man's Land." Picked up between the lines during a raid the little dog and great big man have become inseparable. The terrier has at last found a peaceful home even if it is only in a tin hat of a British Tommy.

## SAILOR SYMPATHIZES WITH LORD BISHOP

Queenstown.—The Right Reverend Doctor Browne, Lord Bishop, is a person of consequence, as his title might indicate.

He had settled himself comfortably in the corner of a first class compartment when, just as the train pulled out, a happy and carefree crowd of American sailors piled into the compartment.

They were on leave and everybody's friends.

"Are you a priest?" asked one.

"I suppose I was at one time," was the good-humored reply of the man who was known throughout the land as "his lordship."

"Well, I was a chief gunner at one time," the Jackie replied, "but I have been disgraced also—through booze!"

## TWO CHAMPIONS ARE WED

**Best Dishwasher and Best Cook Ought to Make Useful Combination.**

Kansas City, Kan.—Two Kansas champions, the best pastry cook in the state and the best dishwasher in the state, were married here recently. Francis A. Davis, seventy, a veteran of the Civil war and chief pastry cook at the Soldiers' home at Leavenworth, Kan., and Mrs. Ida N. Wilson, forty-nine, a widow employed as a dishwasher at the home were the parties.

## YANKEE BAPTIZED ON A RUN

**Made Chaplain Hurry Because He Wanted to Catch Up With His Company.**

With the American Army at the Marne—a long line of dust-covered Yankees were pushing their way through a shell-battered village near Chateau-Thierry toward a ridge of hills from which came the rattle of artillery fire. At a crossroads they came upon a chaplain, waiting beside a broken-down sidecar. One of the doughboys fell out of line and walked rapidly up to the crossroads.

"Say, Chaplain, baptize me quick, will you?" he urged. "We'll be in the line to-night!"

The chaplain walked away from the sidecar.

"Do you believe"—he began.

"Yes, sir; I believe everything!" interjected the boy; "but I've got to catch my company. Can't you make it quick?"

In less than a minute the ceremony was over and he was running up the road.