

# SPANISH INFLUENZA---WHAT IT IS AND HOW IT SHOULD BE TREATED

**Nothing New—Simply the Old Grip or La Grippe That Was Epidemic in 1889-90, Only Then It Came From Russia by Way of France and This Time by Way of Spain**

### Go to Bed and Stay Quiet—Take a Laxative—Eat Plenty of Nourishing Food—Keep Up Your Strength—Nature Is the Only "Cure"

### ALWAYS CALL A DOCTOR

**NO OCCASION FOR PANIC**  
Spanish influenza, which appeared in Spain in May, has all the appearances of grip, or la grippe, which has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C., which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831 this country has had five epidemics, the last in 1889-90.

There is no occasion for panic—Influenza itself has a very low percentage of fatalities—not over one death out of every 400 cases, according to the N. C. board of health. The chief danger lies in complications arising, attacking principally patients in a run-down condition—those who don't go to bed soon enough or those who get up too early.

### THE SYMPTOMS

Grip, or influenza, as it is now called, usually begins with a chill, followed by aching, feverishness, and sometimes nausea and dizziness, and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack the mucous membrane or lining of the air passages, nose, throat and bronchial tubes; there is usually a hard cough, especially bad at night; oftentimes a sore throat or tonsillitis, and frequently all the appearances of a severe head cold.

### THE TREATMENT

Go to bed at the first symptoms, not only for your own sake, but to avoid spreading the disease to others—take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Quinine, aspirin or Dover's Powders, etc., may be administered by the physician's directions to relieve the aching. But there is no cure or specific for influenza—the disease must run its course. Nature herself will throw off the attack if only you keep up your strength. The chief danger lies in the complications which may arise. Influenza so weakens the bodily resistance that there is danger of pneumonia or bronchitis developing, and sometimes inflammation of the middle ear, or heart affections. For these reasons it is very important that the patient remain in bed until his strength returns—stay in bed at least two days or more after the fever has left you, or if you are over 50 or not strong stay in bed four days or more, according to the severity of the attack.

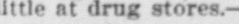
### She Took the Job Herself

"We've let the maid go."  
"That so?"  
"Yes. She finally insisted on the wages that were so high that I simply couldn't resist taking the job myself, and collecting the money."

## INDIGESTION, GAS, UPSET STOMACH

**MURRY! JUST EAT ONE TABLET OF PAPE'S DIAPEPSIN FOR INSTANT RELIEF.**

No waiting! When meals don't fit and you belch gas, acids and undigested food. When you feel indigestion, heart, lumps of distress in stomach, pain, burps or headache. Here is instant relief.



Just as soon as you eat a tablet of Pape's Diapepsin all the dyspepsia, indigestion and stomach distress ends. These pleasant, harmless tablets of Pape's Diapepsin always make sick, upset stomachs feel fine at once and they cost so little at drug stores.—Adv.

The first people to bury their dead in cemeteries and make use of ornamental headstones were the Turks.

### ASTHMADOR

**GUARANTEED TO INSTANTLY RELIEVE ASTHMA OR MONEY REFUNDED—ASK ANY DRUGGIST**

**Every Woman Wants Pastine**

#### 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. Use extraordinary cleaning and germicidal power.  
Sample Free. 50¢ all druggists, or posted by mail.  
The Paxton Toilet Company, Boston, Mass.

### PARKER'S HAIR BALM

A better preparation of hair.  
Helps to eradicate dandruff.  
For restoring color and beauty to grey or faded hair.  
50¢ and \$1.00 at druggists.

## THE MARKETS

**BALTIMORE.**—Wheat—No. 1, \$2.38½ @ 2.36¾; No. 2, \$2.35½ @ 2.33¾; No. 3, \$2.31½ @ 2.29¾.  
Corn—Track yellow corn, No. 3, for domestic delivery, is quotable at \$1.70 per bu for carlots on spot.  
Cob Corn—Prime nearby yellow is quotable at \$7 to \$7.50 per bu on spot. New yellow in carlots for shipment after the first of the month is worth about \$6.625 per bu.  
Oats—Standard white, 80½¢, sales; No. 3 white, 79¼¢ @ 80.  
Rye—No. 2 Western, export, spot, \$1.76½; No. 2 Western, to arrive by November 15, \$1.76¼; bag lots nearby rye, as to quality, \$1.50 @ 1.75.  
Hay—No. 1 timothy, \$37 @ 37.50; standard do, \$36.50 @ 37; No. 2 do, \$36.50; No. 3 do, \$34 @ 36; No. 1 light clover mixed, \$36 @ 36.50; No. 2 do, \$35 @ 35.50; No. 1 clover mixed, \$35.50; No. 2 do, \$32.50 @ 33.50; No. 1 clover, \$35.  
Straw—No. 1 straight rye, \$24.50 @ 25; No. 2 do, \$24 @ 24.50; No. 1 tangled rye, \$19 @ 20; No. 2 do, \$18 @ 19; No. 1 wheat, \$15 @ 16; No. 2 do, \$14 @ 15; No. 1 oat, \$16 @ 17; No. 2 do, \$15 @ 16.  
Butter—Creamery, fancy, 59 @ 60¢; creamery, choice, 58 @ 59; creamery, good, 56 @ 57; creamery, prints, 59 @ 61; creamery, blocks, 58 @ 60; ladies, 40 @ 42; Maryland and Pennsylvania rolls, 40 @ 42; Ohio rolls, 38 @ 39; West Virginia rolls, 38 @ 39; storepacked, 37 @ 38; Md., Va. and Penna. dairy prints, 40 @ 42.  
Eggs—Western Maryland, Pennsylvania and nearby, 60¢; Eastern Shore (Md.) and Virginia, 60; Western, 60; West Virginia, 60; Southern, 58.  
Live Poultry—Chickens—Old hens, 4 lbs and over, 35¢; do, do, small to medium, 34¢; do, do, White Leghorns, 33¢; do, old roosters, 21 @ 23¢; do, springers, smooth by boat, 35¢; do, small to medium, 35¢; do, White Leghorns, 34¢; do, springers, by express, 34 @ 35. Ducks—Young Pekings, 3 lbs and over, 31 @ 32¢; do, puddle, do, 29 @ 30; do, muscovy, do, 29 @ 30; do, smaller, thin, 26 @ 28. Turkeys—Young, 7 lbs and over, per lb, 38 @ 40; do, old, do, 36 @ 38.

**NEW YORK.**—Corn—Spot steady; No. 2 yellow, \$1.75½, and No. 3 yellow, \$1.61¼; cost and freight, New York.  
Oats—Spot quiet; standard, 79¢.  
Hay—No. 1, \$1.96 @ 1.95; No. 2, \$1.75 @ 1.80; No. 3, \$1.65 @ 1.70.  
Butter—Creamery higher than extras, 58 @ 58½; extra (92 score), 57½; firsts, 55½ @ 57; packing stock, current make No. 1, 29½.  
Eggs—Fresh gathered extras, 59 @ 60¢; fresh gathered regular packed extra firsts, 56 @ 58; do, firsts, 52¼ @ 55; State, Pennsylvania and nearby Western hennery white, fine to fancy, 88 @ 92; State, Pennsylvania and nearby Western hennery brown, 64 @ 66; do, gathered brown and mixed colors, 50 @ 60.  
Cheese steady; State, whole milk flats specials, 33 @ 33½¢; do, average run, 32 @ 33.  
Poultry—Chickens, 33¢; fowls, 34 @ 36; old roosters, 26; turkeys, 32 @ 38.

### Live Stock

**Baltimore.**—Beef Cattle—Young, fat steers, in prime condition, weighing 1,000 to 1,200 pounds, pound, 9 @ 10¢; steers, weighing under 1,000 pounds, pound, 8 @ 9; oxen, pound, 5 @ 7; bulls, pound, 5 @ 7; large young cows, pound, in good order, 4 @ 7; cows poor to medium grades, pound, 5 @ 6; fresh cows with calf, head, 50 @ 75.  
Live Pigs—Pigs, as to size and condition, apiece, \$4 @ 6; shoats, apiece, as to size, \$6 @ 8.  
Lams and Sheep—Choice, fat sheep, pound, 8 @ 9¢; fair to good sheep, pound, 5 @ 6; inferior, rough sheep, head, \$2.50 @ 4.00; old bucks, pound, as to quality and condition, 7 @ 8; spring lams, choice, fat, pound 16½ @ 17; do, poor to fair, pound, 14 @ 15.  
Calves—Choice, handy weight veals, pound, 18½ @ 19¢; do, heavy, fat veals, pound, 18 @ 18½; good veals, pound, 18 @ 18½; heavy, smooth, fat calves, head \$18 @ 26; heavy, or rough calves, head, \$15 @ 18; small, thin calves, head, \$10 @ 12.  
CHICAGO.—Butchers, \$16.50 @ 17.60; light, \$16 @ 17.25; packing, \$14 @ 15.75; rough, \$13.50 @ 14; pigs, good to choice, \$13 @ 14.25.  
Cattle—Beef cattle, good, choice and prime, \$15.50 @ 19.60; common and medium, \$9.50 @ 15.50. Butcher stock, cows and heifers, \$6.75 @ 14. Cannons and cutters, \$6.85 @ 6.75. Stockers and feeders, good, choice and fancy, \$10.25 @ 12.75; inferior, common and medium, \$7.50 @ 10.25. Veal calves, good and choice, \$16 @ 16.50. Western range, beef steers, \$13.75 @ 17; cows and heifers, \$8.50 @ 12.50.  
Sheep—Lams, choice and prime, \$15.85 @ 16.25; medium and good, \$14.25 @ 15.85; culls, \$8.50 @ 13. Ewes, choice and prime, \$10 @ 10.50; medium and good, \$8.50 @ 10; culls, \$6.50 @ 7.  
PITTSBURGH.—Cattle—Prime, \$15.50 @ 16.  
Sheep—Steady; prime wethers, \$10 @ 10.50; culls and common, \$3.50 @ 5; lams, \$10 @ 16.  
Hogs—Prime heavies, \$17.15 @ 17.25; mediums and heavy Yorkers, \$17 @ 17.15; light Yorkers, \$15.75 @ 16; pigs, \$15.50 @ 15.75; roughs, \$14 @ 15.50.

## DANDRUFF MAKES HAIR FALL OUT

A small bottle of "Danderine" keeps hair thick, strong, beautiful.

Girls! Try this! Doubles beauty of your hair in a few moments.



Within ten minutes after an application of Danderine you can not 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 amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable lustre, softness and luxury.  
Get a small bottle of Knowlton's Danderine for a few cents at any drug store or toilet counter, 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—you surely can have beautiful hair and lots of it if you will just try a little Danderine.—Adv.

### Flying Safer.

Flying is becoming rapidly more safe, veteran instructors at the British-American airbase in England tell their pupils. The proportion of casualties during training in the air force is now no higher, they say, than in any other branch of combatant service.

### "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 75¢. Testimonials free. \$1.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure. F. J. Cheney & Co., Toledo, Ohio.

Chinese are said to be taking to the alcohol habit.  
Washington will blacklist profiteers in food supplies.  
Chicago has opened a municipal roadway.

## HAARLEM OIL CAPSULES IF YOUR BACK ACHES

Do you feel tired and "worn-out"? Are you nervous and irritable? Don't sleep well at night? Have a "dragged out" unrested feeling when you get up in the morning? Dizzy spells? Bilious? Bad taste in the mouth, backache, pain or soreness in the loins, and abdomen? Severe distress when urinating, bloody, cloudy urine or sediment? All these indicate gravel or stone in the bladder, or that the poisonous microbes, which are always in your system, have attacked your kidneys.  
You should use GOLD MEDAL Haarlem Oil Capsules immediately. The oil soaks gently into the walls and lining of the kidneys, and the little poisonous animal germs, which are causing the inflammation, are immediately attacked and chased out of your system without inconvenience or pain.  
Don't ignore the "little pains and aches," especially backaches. They may be little now but there is no telling how soon a dangerous or fatal disease of which they are the forerunners may show itself. Go after the cause of that backache at once, or you may find yourself in the grip of an incurable disease!  
Do not delay a minute. Go to your druggist and insist on his supplying you with a box of GOLD MEDAL Haarlem Oil Capsules. In 24 hours you will feel renewed health and vigor. After you have cured yourself, continue to take one or two Capsules each day so as to keep in first-class condition, and ward off the danger of future attacks. Money refunded if they do not help you. Ask for the original imported GOLD MEDAL brand, and thus be sure of getting the genuine.—Adv.



### WORMS

"Wormy" that's what's the matter of 'em. Stomach and intestinal worms. Nearly as bad as diphtheria. Cost you too much to feed 'em. Look 'em up. Don't physic 'em to death. Spohn's Compound will remove the worms, improve the appetite, and tone 'em up all round and don't "physic." Acts on glands and blood. Full directions with each bottle, and sold by all druggists.  
SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

## It's Acid-Stomach That Makes Millions Sick and Suffer

Life is dark—not worth much to the man or woman with an acid-stomach. Acid-stomach kills—Hope, Ambition, Energy, Courage. It saps the strength of the strongest body—impoverishes the blood—causes indigestion—saps the millions weak, unfit and brings on premature old age.  
You know what acid-stomach does to teeth and gums—how the acid literally eats through the hard enamel, causing the teeth to decay. Just imagine, then, what havoc an acid-stomach must do to the delicate organization of the stomach. Millions of people are weak and unfit, suffering all the time, in one way or another, from superacidity or acid-stomach. They don't seem dangerously sick. Just ailing. Going through life weak. listless, dragging one foot after another. They're nervous and irritable; lack power and punch, frequently have severe attacks of indigestion, spitting headaches, subject to fits of melancholia and mental depression. And nearly always their stomachs are out of order, even though many experience no actual stomach pains—digestion poor—never getting anywhere near the full strength from their food.  
So, you see, it's just this—acid-stomach—that is holding so many people back—sapping the strength they should draw from their liver and lungs, vigor and vitality—leaving them weak and inefficient.

Get rid of the excess acid. That's the secret of good health and is the only way to obtain good digestion. EATONIC. It is the right way to be well and keep strong. Ordinary tonics won't do your eating good. The best they can do is to spur up your appetite. When the stimulating effects wear off, you are worse off than ever.  
A modern remedy makes it possible to remove excess acid without the slightest discomfort. It is called EATONIC. In the form of pleasant tasting tablets. Their action in the stomach is a good deal like a piece of blotting paper taking up a drop of ink—they literally absorb the injurious excess acid and carry it away through the intestines.  
Begin using EATONIC right now—to do—and get on the road to bounding, vigorous, vibrant health. Thousands upon thousands of people who have used EATONIC are enthusiastic in its praise. They say they never dreamed that anything could bring them such quick relief. EATONIC is absolutely guaranteed to get a big 50¢ box from your druggist. If it does not help you your money will be refunded. If your druggist does not keep EATONIC, send your name and address to the Eatonic Remedy Company, 1018 R. Wash. Ave., Chicago, Ill., and they will send you a 50¢ box free and you can receive the money for it after you receive it.

## CONSTIPATION IS HUMANITY'S GREATEST FOE

It is always a terror to old people and a menace at some time or another to every human being, young or old. It is the forerunner of more ill and suffering than almost any of NATURE'S DANGER SIGNALS and should never be allowed to go unheeded. At the very first indication of constipation get DR. TUTT'S LIVER PILLS which for 72 years has been successfully used for this most prevalent of all disorders. For sale by druggists and dealers everywhere.

### Dr. Tutt's Liver Pills

An Altruist.  
"Did your garden help things along?"  
"Yes," answered the patient man. "It helped the neighbors to raise some of the finest chickens I ever saw."  
Constipation generally indicates disordered stomach, liver and bowels. Wright's Indian Vegetable Pills restore regularity without gripping. Adv.  
The feathers of the bird are said to give the greatest degree of warmth with the least weight.  
The occasional use of Roman Eye Balsam at night upon retiring will prevent and relieve tired, watery eyes, and eye strain. Adv.  
Chicago has opened a municipal roadway.

### Make Money Right At Home

We want a live agent in your locality to sell our steel corn cribs, grain bins and agricultural implements. We will pay liberal commissions to the right person. No stock need be carried. We have the goods to deliver when sold, and advertise freely to stimulate sales. Take up this useful and profitable proposition today. Write at once for full particulars.  
THE FARM EQUIPMENT CO. 902 Keyser Bldg. Baltimore, Md. \$2.00 PER ACRE—1,000 acres Minnesota land, 1885, 100 Acreage 100 Acreage, Minneapolis, Minn.

## Middle Aged Women

**Are Here Told the Best Remedy for Their Troubles.**

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run-down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GODDEE, 925 Napoleon St., Fremont, Ohio.  
North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE ISELLA, Box 197, North Haven, Conn.

### In Such Cases LYDIA E. PINKHAM'S VEGETABLE COMPOUND has the greatest record for the greatest good

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.