

IN MISERY FOR YEARS

Mrs. Courtney Tells How She Was Cured by Lydia E. Pinkham's Vegetable Compound.

Oakaloosa, Iowa.—"For years I was steeped in misery from a weakness and awful pain—and nothing seemed to do me any good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so and got relief right away. I can certainly recommend this valuable medicine to other women who suffer, for it has done such good work for me and I know it will help others if they will give it a fair trial."
—Mrs. LIZZIE COURTNEY, 108 3/4 Ave., West, Oakaloosa, Iowa.

Why will women drag along from day to day, year in and year out, suffering such misery as did Mrs. Courtney, when such letters as this are continually being published. Every woman who suffers from displacements, irregularities, inflammation, ulceration, backache, nervousness, or who is passing through the change of life should try this famous natural herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice write Lydia E. Pinkham, Medicine Co., Lynn, Mass. The result of its long experience is at your service.

Soft Pedal.
Brown—This is a free country.
Brown—Yes, but speak lower; some secret service men may overhear you.

BACK LIKE A BOARD? IT'S YOUR KIDNEYS

There's no use suffering from the cruel agony of lame back. Don't wait till it "passes off." It only comes back. Find the cause and stop it. Diseased conditions of kidneys are usually indicated by stiff lame backs and other wrenching pains, which are nature's signals for help.
Here's the remedy. When you feel the first twinges of pain or experience any of these symptoms, get busy at once. Go to your druggist and get a box of the pure, original GOLD MEDAL Hairlem Oil Capsules, imported fresh every month from the chemist in Haarlem, Holland. Pleasant and easy to take, they instantly attack the poisonous germs clogging your system and bring quick relief.
For over two hundred years they have been helping the sick. Why not try them? Sold everywhere by reliable druggists in sealed packages. Please stick. Money back if they do not help you. Ask for "GOLD MEDAL" and be sure the name "GOLD MEDAL" is on the box.—Adv.

H. C. of L.
Jim—"I hear you are getting a big salary now." Jack—"Why—er—I thought it was until I got it."

Indigestion produces disagreeable and distressing symptoms. Wright's Peppermint Cure stimulates the digestive process to function naturally. Adv.

Yes, and no man ever knows as much as he'd like to have you think he does.

It is folly to tell a man who has the headache that misery loves company.

"I am well!"
—your chickens and stock well?
If not—Give them **Bee Dee** Stock & Poultry Medicine.
The old reliable **BLACK-DRAUGHT** for Stock and poultry.
Ask your merchant!
Merchants: ask your jobbers' salesman about Bee Dee!

Pimples
rashes, hives, redness and skin blemishes can be quickly removed with
Glenn's Sulphur Soap
Delightful in a warm bath before retiring—soothes the nerves and induces refreshing sleep. Druggists.
Hill's Hair and Whisker Dye, Black or Brown, 50c.

Fell Down.
Wills—What's the matter with Sam?
Gills—He was playing on a margin and fell off the edge.—Judge.

MURINE Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy. If they Tingle, Smart, Itch, or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. **Murine Eye Remedy Company, Chicago, U. S. A.**

Status of Women Workers in U.S.

Information to Be Spread Broadcast by the Industry Section of the Y. W. C. A.

A set of twelve maps which will show the industrial status of woman workers in the United States at a glance will be one feature of the handbook on industrial information soon to be distributed by the women in industry section of the Y. W. C. A.

Each map will show one thing which bears upon the entire question, such as in what states there are minimum wage laws and whether they are good or poor; the number of woman industrial workers in each state; the per cent of women in industry in the state; the hours of labor, whether the minimum is an eight, nine, ten or twelve hour day; night work; minimum age for workers; mining legislation; suffrage; states where seats are required for woman workers and states where women are allowed to be members of legislative committees or of administrative bureaus.

The maps are built upon a central color scheme, blue indicating the best laws or highest percentage in each case, red taking second place and green third. White is always the negative status.

In addition to the maps and charts the handbook will contain nine other sections, among them one devoted to resumes of labor platforms and programs of reconstruction. One section will be devoted to studies of certain industries, with a short historical setting brought up to date of the most recent legislation. State laws relating to woman workers will be listed and industrial information classified according to states.

A reference section will give a complete bibliography of books published on the subject, and of magazine stories published on subjects pertaining to woman workers.

TIPS FOR THE POULTRY GROWER

The gape disease of poultry causes an enormous loss of young chickens all over the country, which loss may be easily prevented. According to Atwood and Lueder of West Virginia station, the main steps in this procedure are as follows:

First, burn or bury deeply all chickens which die of the disease.

Second, if possible, keep the chickens shut in until the dew has dried off fully in the morning.

Third, if the disease is very prevalent, add not more than three drops of creolin to each pint of drinking water and prevent the chickens from drinking elsewhere.

Finally, if these precautions have not been fully carried out and a few chickens become infected, remove the worms with a gape-worm extractor, and burn them so as to prevent the eggs from becoming scattered about.

Magnetism Is Claimed to Have Brought About Most Amazing Cures

The most amazing cures are claimed to have been brought about by magnetism, the originator of the idea being a Jesuit priest, who invented steel plates of a peculiar form, which he applied to the naked body as a cure for several diseases.

His idea was copied by many other mesmerists and magnetizers. An American practicing as a surgeon in Leicester square invented and took out a patent for the celebrated "Metallic Tractors"—two small pieces of metal so strongly magnetized that they would cure gout, rheumatism, palsy, and in fact almost every disease the human frame is subject to, if applied externally to the afflicted part. He gained a respectable fortune from thousands of deluded clients, until he was exposed.

Use of Electricity Came by Various Discoveries

Use of electricity came through a combination of related discoveries and development of knowledge of electric energy. Manifestations of electric energy were known since Bible times. The first step which led to present use of electricity was taken by Galvani, who demonstrated in the eighteenth century that electricity could be produced by the contact of metals with fluids. His experiments suggested to Volta in 1800 the electric battery. Then Oersted discovered electro-magnetism. Later developments led to the invention of the dynamo. Soon after came the electric telegraph, followed by the telephone, electric motor, etc.

WISE OR OTHERWISE

Sanity lies in being able to think on lines of individual speculation. The insane man has thoughts, but he can't line them up.
Take a trip with a man around the country and note the things that attract his attention—these show the trend of his mind.
The man without an imagination does not put his money in a savings bank—he can't imagine benefits to be derived in the future.

Norfolk's Population Claims.

Norfolk claims a greater gain in population during the last four years than any other southern city. In 1914 the population was 90,000, and it is claimed that 250,000 people now live in the city.

Fielder Jones May Manage Vancouver Baseball Club if Franchise Is Secured

Vancouver intends to "carry on" its fight for a berth in the Pacific Coast Baseball league next year, according to reports from that city. Baseball fans of that town, who have been without the game this season, would like to see the Coast league continue as an eight-club affair, but with two divisions, the south comprising Los Angeles, Vernon, San Francisco, and the north Seattle, Portland, Tacoma and Vancouver.



Fielder Jones.

Rumors regarding baseball fly thick and fast. The latest one says Fielder Jones, former White Sox and Brown manager and one-time president of the old Northwestern Baseball league, may head a Vancouver team if the city can obtain the desired franchise. R. P. Jones, Vancouver baseball magnate, said recently he would welcome Jones.

Whitewash Recipe Used by Government on White House and Lighthouses

The whitewash made by the government to embellish the east end of the White House, and for whitewashing lighthouses, is as follows: Slake half bushel lime with boiling water. Cover during process to keep in steam. Strain liquid through fine sieve or strainer. Add peck of salt, previously dissolved in water, three pounds of ground rice boiled to a thin paste and stirred in white hot. Also add a pound of Spanish whiting, and one pound of clear glue, previously dissolved by soaking in cold water in a small pot hung in a larger one filled with water. Add five gallons of hot water to the mixture, stir well, cover and let stand for a few days. Apply hot, for which purpose a kettle or portable furnace should be used. Yellow ochre may be added to give the mixture a cream color; lamp-black or ivory black, for pearl or lead tint; four pounds of umber to one of Indian red and one pound of lamp-black makes fawn; and four pounds of umber and two pounds of lamp-black produce common stone color.

Variations of the Prefix "Mac" Now in Common Use

Many variations of the prefix Mac are in common use, in the spelling of proper names, and all are recognized, the use of one form or the other being a matter of personal preference. The word Mac is a Gaelic prefix, meaning son, corresponding to the affix son in names of Teutonic origin, as Davidson, and the prefix Fitz in Norman names. Originally "Mac" Donald was a son of Donald. In course of time the two words came to be written as one, Mac Donald. The surname Macdonald is now spelled in a variety of ways, Macdonald and McDonald, in addition to which there are many variations of the name as McDonnell, McDaniel, McDaniels, etc.

Turks Use Forefingers and Observe Eyes of Cat to Tell the Time of Day

In various parts of Turkey the watch and the clock are extremely rare, but the natives have an exceedingly ingenious way of approximating the time and some of them hit it with considerable accuracy. They locate two cardinal points of the compass and then folding their hands together in such a manner that the forefingers point upward and in opposite directions, they observe the shadow cast. In the morning or the evening at certain known hours one finger or the other will point directly at the sun. A comparison of the two shadows will determine the hours between.

Another system followed in Turkey and some other countries of the Orient is to observe the eyes of a cat. Early in the morning and evening the pupils are round. At nine and three o'clock they are oval and at noon they consist of a narrow slit.

How Reptiles, Wild Beasts, Game Birds and Our Home Animals Prefer the Bath

Reptiles do not wash at all, but merely soak, and, in the case of beasts, deliberate washing with water seems to occur only with elephants. Females of the African elephant have been seen to dab their calves with mud and then wash it off—soaping and sluicing them, in fact. Most naked skinned animals like to wallow, at any rate in hot weather, and so do many which are well furred; such bathing is enjoyed not only by rhinoceroses and buffaloes, but, as every one knows, by dogs, and even by bears and by tigers.

But the wallowing is not washing, and when performed in mud leaves the wallower dirtier than before, until the deposit has caked off. The equine tribe, like the game birds, favor a roll in sand, but most of the hoofed animals contrive to keep their coats in order without either dry or wet cleaning.

Mother's Cook Book

Going without the good things of life is considered a hardship. Too little thought is given to the blessings. Everybody struggles to acquire material advantages, thinking that they spell happiness, but happiness not infrequently lies in practicing the fine art of doing without.—American Cookery.

Some Simple Cakes.

The making of good cake requires skill and practice. Careful measuring is no small part of successful cake making.

Sour Cream Spice Cake.

Beat one egg and the yolks of two, add three-fourths of a cupful of sugar, three-fourths of a cupful of sour cream in which half a teaspoonful of soda has been dissolved. Stir into the above mixture two cupfuls of sifted flour, which has been well mixed with one teaspoonful each of baking powder, clove, cinnamon and mace. Bake in layers, put together with boiled frosting to which has been added a half cupful of chopped raisins.

Cup Cake.

Cream two tablespoonfuls of butter, add one cupful of sugar gradually, then one well-beaten egg. Add one-half cupful of water, two cupfuls of sifted flour, two teaspoonfuls of baking powder, a little salt and the grated rind of half a lemon. Bake in loaf or as layer cake.

Coffee Cake.

Cream one-half cupful of butter, add two cupfuls of powdered sugar and the yolks of four eggs. Beat well, add one cupful of grated chocolate, one-half cupful of chopped almonds and two cupfuls of flour sifted with two teaspoonfuls of baking powder, and one cupful of strong, cold coffee. Alternate the coffee with the flour a little at a time. Cut and fold in the beaten whites of four eggs. Bake in a moderate oven.

Quick Cake.

Put two-thirds of a cupful of soft butter into a bowl, add one and one-third cupfuls of brown sugar, two eggs, one-half cupful of milk, a half pound of chopped dates; mix and beat well together for four minutes. Add one and three-fourths cupfuls of flour sifted with three teaspoonfuls of baking powder and one-half teaspoonful each of cinnamon and nutmeg. All cakes containing brown sugar or molasses should be baked in a moderate oven. Those containing fruit should also be baked slowly.

Nellie Maxwell

Mexicans Excel in Music Over the Latin-Americans

There is little doubt, says a writer, that the Mexicans excel in music over all of their Latin-American cousins. Mexico is a land of social unrest, atrocity, and in government and industry the height of inefficiency. But Mexicans seemingly always have excelled in music. Even the progressive nations of the temperate zone of South America, with all their interest in opera and skill in musical composition, cannot equal the record of the Mexican.

The Nationally Accepted Wall Tint



We Hand You the Package That Puts Health and Cheerfulness in Your Home

Smoked, grimy, papered, painted or kalsomined walls are a menace to health and offensive to the discriminating housewife.

Alabastine is so economical, so durable, so sanitary, so easy to mix and apply that it is universally used in securing proper wall conditions.

Alabastine is used in the homes, schools, churches and on all kinds of interior surfaces, whether plaster, wallboard, over painted walls, or even over old wallpaper that is solid on the wall and not printed in aniline colors.

Alabastine is packed in dry powder in full five pound packages, requiring only pure cold water to mix, with directions on each package. You will readily appreciate the economy of Alabastine over other methods, and remember it is used in the finest homes and public buildings everywhere. Be sure you get Alabastine, and if your dealer cannot or will not supply you, write direct for sample card and color designs with name of nearest dealer.

New walls demand Alabastine, old walls appreciate Alabastine.

Alabastine Company
1640 Grandville Ave. Grand Rapids, Mich.

Many lasting friendships are due to the distance between them.

Tyranny often defeats its own aims.

Thousands Have Kidney Trouble and Never Suspect It

Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

An examining physician for one of the prominent Life Insurance Companies, in an interview of the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease. It is on sale at all drug stores in bottles of two sizes, medium and large.
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.

WILD ANIMALS VISIT BANFF

Deer and Bears So Tame That They Are Everyday Sights in Canadian Village.

Although Banff is a hustling village during the summer, and is thronged with tourists, wild deer from the mountains are to be seen daily on the streets, and at night stately elk leap from the roads into the bushes to escape approaching automobiles. If a Banff cottager expects to eat his own "garden truck," he builds a deer-proof fence around his patch. The grounds of Brett hospital are open from the street, and the other night half a dozen deer made a raid upon the flower garden. Banff is the capital of Rocky Mountain park, and shooting game within the park limits is forbidden by law. The deer, being unmolested, have become very tame, and even a bear now and then pays a friendly visit to the village. Not long ago a bicyclist, speeding down one of the side streets at night, hit a dark object, and turned a somersault or two before he hit the macadam. Sitting up, he looked around and discovered a bear hitting the trail for home as fast as four legs could carry him. Although tame and somewhat obtrusive, the deer, elk and bear do not relish too close an acquaintance with man, and have proved themselves to be not only picturesque but perfectly safe neighbors.—Canadian News Letter.

ADVISED HIM TO GO SLOW

Darky's Peculiar Reason for Wanting Son to Be Easy on His "Pen Arm" for a While.

"George," said a Florida man not long ago to an old negro in his employ, "I understand that you intend to give your son an education."

"Dat's my intention, suh," responded George. "I know myself what 'tis to struggle along without learnin', an' I has determined my son ain't goin' to have no sich trouble as Ise had."

"Is your son learning rapidly?"

"He shore is, suh. Las' week he done wrote a lettah to his aunt what lives more'n twenty miles from yere, an' afta while he's goin' to write to his aunt dat lives 'bout fifty miles from yere."

"Why doesn't he write to that aunt now?" smilingly asked his employer.

"He kaint write so fur yit, suh. He kin write twenty miles fust rate, but I tote him not to try fifty miles 'til he gets stronger wif his pen."—Jacksonville Times-Union.

Source of Fancy.
"Read any new fiction lately?" asked the lady with the pink hat at the health resort.
"No, I must confess I have not," replied the lady with the blue creation.
"What's wrong? Isn't your husband writing to you while you are away?" —Yonkers Statesman.

A dish you'll always relish
At breakfast or lunch with either milk or cream
Grape-Nuts
fills a requirement for nourishment not met by many cereals.
No cooking No waste
At Grocers Everywhere.