#### **WOMAN SICK** TWO YEARS

Caused by Troubles Women Often Have-Relieved by Lydia E. Pinkham's Vegetable Compound

Medina, New York.—"I had a great leal of trouble such as women often have, and this af-fected my nerves. For over two years I suffered this way, then I read in the 'Buffalo Times' about

Lydia E. Pinkham's Lydia E. Pinkham's Vegetable Compound and have taken it with very good results. I am very much better and feel justified in praising the Vegetabors who suffer from anything of the kind."—Mrs. WM. H. ADKINS, 311 Erin

kind."-Mrs. WM. H. ADKINS, 311 Erin Road, Medina, N. Y.

Feels Like Girl Sixteen Rochester, N. Y.—"After my twin girls were born I was all run-down. My neighbors thought I was going to die. I saw your advertisement in the paper and bought Lydia E. Pinkham's Vegetable Compound. The first bottle helped me and I kept on taking it. I only weighed ninety pounds when I began taking it, and I have gained in weight and feel like a girl of sixteen. I never can sayenough for Lydia E. Pinkham's Vegetable Compound."—Mrs. NELLIE DOREY, 16 Skuse Park, Rochester, N.Y.

### GREEN MOUNTAIN



quickly relieves the distressing par oxysms. Used for 55 years and result of long experience in treatment of throat and lung diseases by Dr. J. H. Guild. FREE TRIAL BOX, Treatise on Asthma, its causes, treatment, stc. sent causes, treatment, etc. at druggists. J. H. GUILD CO., RUPERT, VT.

#### Let Cuticura Be Your Beauty Doctor Soap 25c, Ointment 25 and 50c, Talcum 25c.

DRIVE MALARIA OUT OF THE SYSTEM



A GOOD TONIC AND APPETIZER

An Obstacle. "One of the troubles of merchandising in a small town," confessed the proprietor of the Wiggly Wabbly store in Peeweecuddyhump, "is that our people are too well acquainted with each other. Nearly every time I attempt to reason with a lady about the terrible Injustice done to local merchants by customers patronizing mail order concerns in distant cities, she comes right back at me with the information that my own wife sends away five times as much money to the mail order octopuses-or octopi; I am not exactly clear as to which is the plural of octopus-as she herself does."-Kansas City Star.

Dry feet will make a stranger of the doctor.

Say it with garden seed.



## Safe instant relief from

me minute—and the pain of that corn ands! That's what Dr. Scholl's Zino-pads o—rafely. They remove the sause—fricon-pressure, and heal the irritation. Thus ou avoid infection from cutting your orns or using corrosive asids. This, anseptic; waterproof. Sizes for corns, calcuses, bunions. Get a box today at your receives, or abox dealers.

Dr Scholl's Zino-pads

Put one on—the pain is gone!



Don't waste time trying to kill these pests ith powders, liquids or any experimental Ready for Use—Better than Traps SOLD EVERYWHERE

#### Uncommon Sense ...

JOHN BLAKE

#### SALESMANSHIP

WHETHER you are taking orders for threshing muchines or life insurance, or drawing a salary of ten dollars a week, you are a salesman. In the first instance you are selling

you are selling your own. You will sell threshing machines or life insurance faster if you know something about them, and believe in

somebody else's product. In the last

You will sell your own services for a higher price if you believe in your-

If the merchandise you offer is not worth the price you ask for it, you can't be sincere in your efforts to dispose of it.

And if you do not absolutely know that your services are worth more than you are getting for them, you will

never be able to get more. All salesmanship that is worth anything is based on confidence.

You will find it hard work to convince people of anything you do not believe yourself.

Before you make any effort to raise your own salary be sure that it ought to be raised.

Compare yourself with other people doing the same work for the same

If they are better than you are at the job, don't ask for a raise until you have made yourself better than they

Your hands or your brains are the commodity you have to dispose of. Make them just as efficient, just as productive as you can.

Discover and eliminate the faults that keep them from doing their best.

#### Something to Think About By F. A. WALKER

THE GREAT HEARTED

ONLY the great-hearted can be truc

friends. All along the shadowed ways of life the great-hearted are constantly sending out sunlight and cheer, which humans of inferior natures can never know or bestow

To do good, without having their motives suspected, is their grand inten-

tion. They seek no praise, They move about with the quiet of summer breezes, leaving in their trail the delicious scent of gardens and the peace of tranquil skies.

In the happiness they give to others. they find a gratification rich beyond price. If but once in your life you should be fortunate enough to meet a great-hearted man or woman, the remembrance of it will linger in your mind until the end of your days. Great hearts often dwell in lowly

Sometimes they are found in frail bodies, poorly clad, but there is about them a radiancy of spirit brighter than a thousand stars and clear as the beaming of the noonday sun.

Great hearts blow to flame the spark

tables are bare. They are neither silent nor neglectneed succor or sympathy.

RECIPES FOR RAREBITS

RAREBITS are not especially easy

to the children, and like souffle must be

Nut Rarebit.

Take one and one-half cupfuls of

milk, heat in a double boller, then add

one cupful of cheese and stir un-

PHEW!

First Toninto-What do the farmers

Second Tomnto-They eat all they

to with the tomatoes they raise?

m, and can all they can't.

served at once when prepared.

of digestion, should not be served

Work, study, practice-bring yourself up to a higher point of usefulness. Then when you begin to talk about

getting more money you will have an argument. Believe in yourself thoroughly and

other people will believe in you. But remember that you cannot sincerely believe in yourself unless you are convinced that you can really produce more than the other men who What dies? Not, certainly, the rose. are doing the same kind of work.

(© by John Biake.) France lost 10 per cent of its population in the war.



#### WHAT DIES? By DOUGLAS MALLOCH

dies? Most certainly the

Will never die-descendants brave Maintain the old majestic line-The very oak above the grave Speaks Nature's continuity. What dies? Not, certainly, the tree.

What dies? The bud, the rose, the

Each has its time and has its turn, One needs his garden but to read Of life's eternity to learn, That every springtime will disclose.

What dies? The sun will fade, the stars Come out, and then the stars will

But still the midnight has its Mars. The day will have its light and shade. The sun again when night is done.

What dies? Not, certainly, the sun.

What dies? The river finds the sen, The sea the sky, the sky the hill-The hill shall give us presently The river from the mountain rill, With star and sun again to gleam. What dies? Not. certainly, the stream.

What dies? Shall only one thing die?-God's mind in human minds expressed? /

Shall tree and rose live on, and I Expire, this spark within my breast? Is death the end of all the plan? What dies? Not, certainly, the man! ( by McClure Newspaper Syndicate.)

Falsehoods Blacken House. In Turkey, when any man is the author of notorious faisehoods, they blacken the whole front of his house.

#### SCHOOL DAYS



and foint the way to honor and fame; of their life the streams of light grow from the valley of gloom they bid the dim in the golden west, and the som that blazes with love; they espouse despondent to look up to the glorious ber shadows fall all about them, no Truth and Mercy; they sing from morn | heavens; from the mire of sin they lift | souls on earth are happier than they till night of kindness and good will, up the fallen, seeking no reward but or more eager to go. when their days are lonely and their the joy that is theirs from doing good. They sin as we all sin, but unlike

most of us, they are charitable towards ful when the ill and the discouraged all mankind, prayerful, watchful, faith-

Meek or lowly, they are the minister- When the chimes in the belfry chant ing angels from heaven, carrying to the their evening hymns, no souls on earth sorrowing "good tidings of great joy." are more serenely peaceful than the

used, no butter is needed, but cheese

not so rich should have a tablespoon-

ful of butter. Serve on toast or heat-

Tomato Rarebit.

a small grated onlon, add one-half ten-

spoonful of dry mustard, six drops of

tabasco sauce and a cupful of toma-

to soup. Cook well together, then

add one cupful of grated cheese and

stir until melted, then fold in two

well-beaten eggs; when creamy pour

Baked Bean Rarebit.

add one cupful of cheese and one cup-

ful of milk; when the cheese is melt-

ed add one cupful of mashed baked

beans, one beaten egg, mustard, salt

and cayenne to taste. Pour over hot

Melt one tablespoonful of butter,

over well-buttered toast.

Heat one tablespoonful of butter with

Mother's Cook Book

Last night I gazed upon the world, wrapped in her moon-veil mysterious, and said: "How perfect: "Tis like heaven."
But—is heaven like this? Or do the dead gaze out upon heaven as I upon the world, and say: "How perfect:" "Tis like heaven! Always and always reaching on and on, beyond perfection that is no longer perfection, to that perfection which, too, ends doubt?"—Annie "ike Greenwood.

Last night I gazed upon the world, till melted. Add a few dashes of cayenne, one-half teaspoonful of Worces-tershire sauce, a beaten egg and let cook for five minutes at low temperature. Add one-fourth of a cupful of chopped olives, one-half cupful of chopped walnuts. If cream checse is used, no butter is needed, but cheese

From Idle slumbers they call youth | great-hearted; when at the setting sur

( by McClure Newspaper Syndicate.)

#### THE ROMANCE OF WORDS

"DUNCE"

DURING the middle ages certain theologians were called "schoolmen" because they were taught in the cathedral schools and cloisters founded by Charlemague and his successors. At first these men were revered and looked up to. Their writings were the court of last resort; their opinions, authoritative. Later, however, their works fell out of favor because the form of their speculations was unattractive and their works were not written in classical Latin.

There were some, though, who still clung to the teachings of the schoolmen in general and to the doctrines of one Duns Scotus, a great teacher of the Franciscan order, in particular, Whenever an adherent of the old learning would seek to bolster up his contentions by referring to the works of Scotus, his opponent would seek to silence him with the rejoinder; "Oh, you are a Dunsman." or, more briefly. "You are a Duns," an epithet of scorn which gradually found its way into the language with the slightly altered spelling "dunce". Thus it is that the name of one of the best known doctors of the church, admitted a keen and sharp-witted teacher, has been turned into a by-word for stupidity and obstinate duliness.

**∂**.coccoccoccoccoccoccoccoccoccoccoccocco Stray Bits of Wisdom. Childhood is like'a mirror which re-

flects in after-life the images first pre-

sented to it .- Samuel Smiles.

( by the Wheeler Syndicate, Inc.)

#### Daddy's 36 Evening Fairy Tale THE GOLD FISHES

Mr. Pekin Baxter and Mr. Tokio Jones, the two gold fishes, were chat-

ting together in their go-ld-fish way as they swam about the fishbowl in the living room. They were en-

joying themselves immensely. They had just had a very good meal, and they had not been given too much. "It is strange," said Mr. Pekin Baxter, "but there

are many people

"It Is Surprising."

who feed their gold fishes too much. I hear the friends of our mistress talking, and they ask her such

absurd questions. "They say: 'If the fishes leave food untouched which you've given to them It shows you've given them too much, doesn't it?

"'You don't want to give them so much that they could possibly leave any untouched, and the way to do that is to give them very, very little.

"'For gold fishes eat more than they should when it is given to them, and when they leave food untouched it means they've been given a great deal beyond what they could possibly eat, and a great, great deal beyond what they should eat.

'Gold fishes have small stomachs; they're not taking great long swims and lots of exercise, and they shouldn't be fed too much.' "Yes, that is what our mistress tells

her friends." "And that is right, too," said Mr. Tokio Jones. "It is strange how ignorant people are about feeding gold fishes and how many of them think that as long as the gold fishes eat up all their food they've been given the right amount!

"Dear me, it is surprising how ignorant people are."

"Well," said Mr. Pekin Baxter, "It is true that people can't read our thoughts-what few ones we have to read-and they can't tell unless they know just how much gold fishes want to eat, for people haven't the tastes of gold fishes, nor have they the stomachs of gold fishes, nor have they the wishes of gold fishes."

"Nor," said Mr. Tokio Jones, waving a fin, and grinning a funny grin, "are they gold fishes!"

"Well," said Mr. Pekin Baxter, "I'm glad when news about gold fishes is spread about, for we don't want to get sick, and our relations don't mean to be greedy, but when they see so much before them it is hard not to eat and eat

"Of course, too, - it is hard to tell when we're not feeling well, for the way to tell about us not feeling well is a different way from the way people have of telling if they're not well or if their children are not well.

"When our little mistress does not seem to be well the doctor comes, and he says, 'Stick out your tongue,' and

then he usually says: "'Ah, just what I thought! Yes, a little tonic will do you good.' "Or perhaps he says, 'Some medicine is what you need, and then you'll be all

right.' "A tongue is most important to some, for it seems to be an excellent thing In its way of showing whether a person is well or not."

"Yes," agreed Mr. Tokio Jones, "with people a tongue is important; or, perhaps I should say, many tongues are important, for they all have one apiece."

"But with us it is different," said Mr. Pekin Baxter. 'We need our dorsal fins. They are all important; or, perhaps I should say, each one of us has a dorsal fin and it is very important.

"I think, perhaps, that is the correct way to speak.

"Some may not know what the dorsal fin is, but if they will look at you or me, or at any of the members of our famlly, they will see a fin which is

Tongue." spread up on top of our backs. It is a fine, straight, healthy-looking fin when we are well, but when we're sick that fin droops and does not stay out nice and smooth. "So people can tell if the gold fish is well by the way his dorsal fin or the fin upon his back looks, and a person can tell if another person is well by

"Stick Out Your

the look on his tongue. "So let the people have their tongues -they need them-but let the fishes have their dorsal fins.

"My dorsal fin is not wrinkled up-it looks like a handsome, outspread fan, and that shows I'm healthy, and yours is the same way, Tokio, and so you're healthy, too. Hurrah, colash, splash, gurgle, bubble!"





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And longevity. The smart age usually begins at about five, and lasts until the boy finally leaves nome to earn his own living. With a large number of boys it lasts much longer than that. but this fact is concealed from the parents by the absence of the sufferer. Marriage cures a respectable percentage; but many are immune even to this drastic treatment, and bear their chronic allment until death.

God gives every bird its food, but He does not throw it into the gest .-

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