

I OWE MY HEALTH

To Lydia E. Pinkham's Vegetable Compound.

Washington Park, Ill.—"I am the mother of four children and have suffered with female trouble, backache, nervous spells and the blues. My children's loud talking and romping would make me so nervous I could just tear everything to pieces and I would ache all over and feel so sick that I would not want anyone to talk to me at times. Lydia E. Pinkham's Vegetable Compound and Liver Pills restored me to health and I want to thank you for the good they have done me. I have had quite a bit of trouble and worry but it does not affect my youthful looks. My friend says "Why do you look so young and well?" I owe it all to the Lydia E. Pinkham remedies."

—Mrs. ROBT. STOPPLER, Moore Avenue, Washington Park, Illinois.

We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Lydia E. Pinkham's Vegetable Compound.

If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

RHEUMATISM A CURE. We have on file in our office letters from many parts of the country telling of the wonderful relief the Anti-Rheum Treatment has afforded them. These people have used it and know and they are so thankful for its benefits that they have written of their own free will, as four months ago it had done them. If it has cured yours, why not yours? Send for treatment.

ANTI-RHEUM today. It will cost only \$1. Just put a dollar bill in an envelope, get the order for the treatment and mail it to us, and the treatment will be sent you. Don't delay. You see it is to prevent and your friends to give this remarkable remedy a fair trial. The condition of it will convince you, and you will be only too glad to tell every one of your wonderful recovery. Read this advertisement over again.

BALTIMORE MEDICINE CO. 339 1/2 Third Building Baltimore, Md. CUT THIS OUT

Might Be. "What is the Pan-American congress, pa?" "I don't know exactly, but it sounds as if it might be a convention of our hyphenated fellow citizens."

A woman is very apt to overestimate the good time her husband has when he is away from home.

Many a man who seeks fame finds nothing but infamy.

Facing the Decorating Problem. The decorating problem is the woman's (and the man's) business. It will solve this problem for thousands of women this spring. The Alabastine "Free Decorating Service" will assist you to a correct, correct form and perfect combination that will harmonize perfectly with your rug, furniture, draperies, curtains, and window apparel.

Alabastine The superior wall finish. The ease with which Alabastine can be mixed and applied, the range of wonderful decorative effects that can be obtained by coloring Alabastine with the various colors of the rainbow, and the fact that it is so durable and so easy to clean are its chief features.

Alabastine in 5 lb. packages, in dry powder form, ready to mix in cold water. It is sold by paint, hardware, drug and general stores everywhere.

Alabastine Co. 384 Grandville Rd. Grand Rapids, Mich.

No Spray—No Fruit USE Soluble Sulphur Compound to insure sound fruit. It is clean, easy to handle and does the work.

A 100 pound drum is so preferable to a barrel of Lime-Sulphur. Don't pay freight and handling on water.

We urge you to place orders now with your dealer or RAWLINGS IMPLEMENT COMPANY Manufacturers, Wholesalers and Exporters Farm Implements, Engines and Pumps Dept. 11, Baltimore, Md. Tell us your needs.

AGENTS—Either Sex. Write for our new book "How to Buy Fish" for sale of the FLEXIBLE HARDY HANDBOOK. An easy matter. Boucher Mfg. Co., P. O. Box 53, Cambridge, Mass.

AGENTS—Every section, sell our new gear on market. Big profits. Write for catalog. McCook Mfg. Co., 1018 1/2 St. S., Philadelphia, Pa.

PATENTS—Waters E. Coleman, 1018 1/2 St. S., Philadelphia, Pa. State registrations. Highest references. Just one price.

Your Name in Gold. Write for our new book "How to Buy Fish" for sale of the FLEXIBLE HARDY HANDBOOK. Boucher Mfg. Co., P. O. Box 53, Cambridge, Mass.

Spirit of Washington WITH US TODAY

ONCE again, as the anniversary of his birthday rolls around, we contemplate the life and accomplishments of our nation's father. The United States of America is now in the midst of a great crisis—one of three. The first was the desperate struggle of the baby republic to maintain life between 1776 and 1815. The second was the terrific fever which rattled the bones of the half-grown nation from 1861 to 1865. The third is different. The hungry, blood-mad wolves of war are snarling all about us. We are charged with the problem of taking means of defense against the time when they may turn from their carcasses to attack us. We must insure for ourselves prosperity. For the good of the whole we must assume the task of harmonizing all the multitude of discordant and misunderstanding groups of people that compose our body politic—men and women of a great variety of racial antecedents, of political tenets, of religious beliefs, of capital and labor, of education and ignorance—and weld them into one great patriotic mass. We must keep friendship with our neighbors to North and South and across the seas.

So in this time of stress it behooves us to keep our national temper and deal fairly and mean what we say. It is well worth while to consider the historian Locky's description of George Washington:

"In the despondency of long continued failure, in the elation of sudden success, at times when his soldiers were deserting by hundreds, and when malignant plots were formed against his reputation, amid the constant quarrels, rivalries, and jealousies of his subordinates, in the dark hour of national ingratitude, and in the midst of the most universal and intoxicating flattery, Washington was always the same calm, wise, just and single-minded man, pursuing the course which he believed to be right without fear or favor or fanaticism; equally free from the passions that spring from interest and from the passions that spring from imagination."

"He never acted on the impulse of an absorbing or uncalculating enthusiasm, and he valued very highly fortune, position, and reputation; but at the command of duty he was ready to risk and sacrifice them all."

"He was, in the highest sense of the words, a gentleman and a man of honor, and he carried into public life the standard of private morals."

"It was at first the constant dread of large sections of the American people that if the old government were overthrown they would fall into the hands of military adventurers and undergo the yoke of military despotism. It was mainly the transparent integrity of the character of Washington that dispelled the fear."

There has rarely been a time when the people had more need of the lessons of Washington's life than now. We are in the midst of the uncertainties visited upon us, as a people at peace, by a conflagration which has enveloped a continent in war. In a year of peace, of sowing and reaping, of the productive activities of market and factory, we suddenly found ourselves face to face with the peril of such a panic as the world had never witnessed. Industry withered as under a blight; trade dried up at the roots; our chief export crop lost for a time two-thirds of its value; specie payments were suspended in our financial centers. Instead of having heavy trade balances in our favor, we were called upon for gold by the ton to pay for securities sent back to us by foreign investors. Want and destitution appeared where there had been plenty.

We have come far since those black days, but a dangerous road still stretches before us. Let us remember Washington, the commander in chief of one battle.

That was Yorktown. Washington took the command of the armies of the colonies in July, 1775. He received the surrender of Cornwallis in October, 1781, more than six years later. These six years were spent in avoiding battle. There was one brilliant sortie—the battle of Trenton. But the history of his campaigns is the history of skillful retreats, like that which followed Trenton, rear-guard actions, defensive fights when attacked, disastrous offensive movements like that on Germantown.

He had no government behind him—only a loose confederation of colonies, which refused to pay their levies and left him at one time with a discouraged remnant of only 3,000 soldiers. He avoided battle with the British; he used the arts of the Indian fighter and slipped out of the very jaws of disaster; he moved from place to place. But he could not evade hunger, cold, nakedness, discoloration, discouragement. These met him in frontal



To bring men to be well acquainted with the duties of a soldier requires time. To bring them under proper discipline and subordination not only requires time but is a work of great difficulty and in this country, where there is so little distinction between the officers and soldiers, requires an uncommon degree of attention. To expect the same service from raw and undisciplined recruits as from the veteran soldiers is to expect what never did and perhaps never will happen.—Washington.

attack. The siege of Yorktown was a splendid thing—but the real test came at Valley Forge. When at last the hour came to fight, fighting was easy by comparison with the waiting that had preceded it.

On July 2, 1775, General Washington arrived at Cambridge, Mass., accompanied by Major General Lee, his next in command, and other officers, and established headquarters in the mansion subsequently occupied by Longfellow. About nine o'clock on the morning of the following day, attended by a suitable escort, he proceeded from his headquarters to a great elm tree near Harvard college. Here the Continental forces were drawn up in military order. Under the shadow of the tree Washington drew his sword as commander in chief of the American army, declaring that it should never be sheathed until the liberties of his country were established.

Finally the day came for Washington to take leave of his army—October 18, 1783. For the last time he assembled them at Newburgh, N. Y., when he rode out on the field and gave them one of those paternal addresses which so eminently characterized his relationship with his army.

But his final leave of everything connected with his military life was taken on December 3, 1783, at Faunces' tavern, New York city. Here he had requested his officers in full uniform to assemble. On entering the room and finding himself surrounded by his old companions in arms his agitated feelings overcame his usual self-control. Every man arose with eyes turned toward him. Filling a glass of wine and lifting it to his lips, he rested his benignant but saddened countenance upon them and said:

"With a heart full of love and gratitude, I now take leave of you. I most devotedly wish that your latter days may be as prosperous as your former ones have been honorable and glorious. I cannot come to each of you and take my leave, but shall be obliged to you if each of you will come and take me by the hand."

A profound silence followed as the officers gazed at the countenance of their leader, while the eyes of all were wet with tears. He then expressed again his desire that each of them should come and take his hand. One after another followed, receiving and returning the affectionate adieu of their commander, after which he left the room in silence, followed by his officers in procession to embark in the barge that was to convey him to Paulus Hook, now Jersey City.

As he was passing through the light infantry, drawn up on either side to receive him, an old soldier who was by his side on the terrible night of his march to Trenton, stepped out of the ranks and reached out his arms, exclaiming: "Farewell, my dear general, farewell!" Washington seized his hand most heartily, while the soldiers forgot all discipline, rushed toward their chief and bathed him with their tears. The scene was like that of a good patriarch taking leave of his children and going on a long journey whence he might return no more.

Having entered the barge, he turned to the weeping company upon the wharf and, waving his hat, bade them a silent adieu. They stood with heads uncovered until the barge was hidden from their view, when, in silent and solemn procession, they returned to the place where they had assembled. Napoleon Bonaparte said: "Posterity will talk of Washington with reverence, as the founder of a great empire, when my name shall be lost in the vortex of revolution."

Like so many other of the prophecies of the great Napoleon, its truth is becoming more and more apparent every day. A little more than 116 years ago, Washington died at Mount Vernon at the age of sixty-eight, after an illness of only 24 hours, in 1799.

His Specialty. Mrs. Youngparent—George, dear, lean to the baby; he's beginning to imitate you. Mr. Youngparent—Imitate me? Why, what do you mean? Mrs. Youngparent—He's beginning to crow.

A Jolt. "What do you think old Crusty told Miss Oldgirl when she asked him for an appropriate plant for her garden?" "What did he advise?" "Wall flowers."

The Element of Time in Prayer. By REV. HOWARD W. POPE of the Moody Bible Institute of Chicago.

TEXT—Men ought always to pray and not to faint.—Luke 18:1.

Some requests are answered very quickly. A lady was once giving an address on narcotics. At the close a young man said to her, "I do not think it is wrong to use tobacco."

"Are you a Christian?" she asked. "Yes," was the reply. "Have you ever asked God for his opinion?" "No."

"Well, if you are a Christian, I suppose you are willing to leave the matter to his decision. Let us kneel right down here and ask him. I will pray first, and then you follow."

The young man could not consistently refuse. He knelt with her, and at the close of her prayer he began to pray himself. He had not uttered three sentences before he sprang to his feet, saying, "I see it. It is not right. I will give it up at once."

In this case prayer was answered immediately, but in many cases the answer is long delayed.

When Mr. George Muller was in this country a friend of mine asked him how long he had ever prayed continuously for any object. Taking a little book from his pocket, he said, "When I was converted I was a wild boy in college. My conversion broke friendship between my roommate and myself, for he would have nothing to do with such a fanatic," he said. I wrote his name in this book and promised God that I would pray for him each day until he was converted, or until I died. I prayed five years with no apparent result. Ten years went by with no change. I continued on for fifteen years—twenty years, and still he was an unbeliever. I did not yet give up, but prayed twenty-five years, each day mentioning his name at the throne of grace, and then came a letter saying, "I have found the Savior."

Then said Mr. Muller, "I checked out this petition as answered. In this same book I have other names that I have prayed for five, ten and fifteen years, and scores of names against which there is a cross, showing that the requests have been granted."

Here then, was a man who made a business of prayer, and who kept his account with the Lord in a business-like way. When he had a matter to present to God's attention he first found a promise on which to base his appeal, always making sure, if possible, that it was according to God's will. Then he recorded his petition in a book and watched and waited for the answer. Is it any wonder that this man's faith grew rapidly, and that he became the most successful prayerer of modern times?

We see by this illustration why many prayers fail; they are rambling appeals, so vague and indefinite that even the petitioner can hardly remember what he prayed for when he rises from his knees. Not expecting any answer, no record is made of them, and no surprise is felt if the answer does not come. And so the solemn farce goes on year after year.

It is said that in battle it takes a hundred pounds of lead to kill a man, because 99 pounds and 15 ounces of it is wasted in wild firing which aims at nothing and hits no one. On the other hand, the sharpshooter wastes no ammunition, but picks his man and makes every bullet tell. So if we would pray for fewer objects, more carefully selected, and then make a record of our prayers and watch for the answer, we would not waste so much breath, and we would obtain more results.

Delay in answering prayer often proves a great blessing to us. In some cases it tests the strength of our desire, and shows us that we did not care very much about the objects at all, just as a request for an education which is soon dropped shows the parent that the boy was not sufficiently in earnest to appreciate the privilege if he had it. In other cases delay leads us to examine our motives, and we find that they are purely or partially selfish and withdraw the request of our own accord. Possibly the delay opens our eyes to some secret sin, and leads us to abandon it, for "If I regard iniquity in my heart, the Lord will not hear me."

Man is a creature of growth, and it takes time and change and children, and oftentimes losses and bereavements and old age, to soften his heart and show him his need of a Savior.

Consider how many influences wrought upon you before you yielded; how many appeals were made, how many times the still small voice whispered before you answered "Yes."

Consider all this—you will not wonder that it takes time for God to answer prayer which involves the change of a human will from disobedience to obedience.

Lord, teach us how to pray. God's Manifestations Made Clear. As God is present in the universe, the holy spirit is present in the Scripture. God so manifests himself in the universe, that all who seriously contemplate it find it difficult to be atheists; the Holy Spirit so testifies of Christ in Scripture, that all who seriously study it must struggle hard not to be Christians. The Bible is a wonderful creation of the Holy Spirit.—Flint.

Her Coverings. "What furnishings would you like today, Mrs. Comeup?" "Well, I'm looking at floor coverings.—I want some Brussels tapestry for the library and I'd like a good grade of aluminum for the kitchen."

Persuasive Wins. Hix—Your friend Jones doesn't look like a man who is easily discouraged. Dix—That's right. He buried his third wife less than six months ago, and he's now looking for a fourth.

New Strength for Lame Backs and Worn-out Conditions. Dear Mr. Editor: I suffered from lame back and a tired, worn-out feeling. Was unable to stand erect and scarcely able to get around. It would usually come on at first with crick in small of my back. I took Anuric Tablets and my back commenced to get better. I did not have to walk doubled over as I did before using the "Anuric." It is the best remedy I have ever taken for what it is intended to relieve.

A. G. DRAKE. NOTE—When your kidneys get sluggish and clog, you suffer from backache, sick-headache, dizzy spells, or the twinges and pains of lumbago, rheumatism and gout. "Anuric" is the most powerful agent in dissolving uric acid, as hot water melts sugar. Ask the druggist for "Anuric," put up by Dr. Pierce, in 50-cent packages.

The government of Japan is planning to start a factory for the production of carbolic acid from coal tar. Files Cured in 6 to 14 Days. Druggists please note: It is a relief to cure itching, Blind, Bleeding or Protruding Eyes. First application gives relief. See.

Couldn't. She—But papa says you're living beyond your means. He—Absolutely untrue—I have no means. Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of J. C. Fletcher. In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

Had Reference in Colors. She (colly)—Will you love me when my hair turns gray? He (brutally)—Yes, but not when it turns mauve or Nile green. You had better use another brand.—Richmond Times-Dispatch.

BANISH PIMPLES QUICKLY. Easily and Cheaply by Using Cuticura Soap and Ointment. Trial Free. Smear the pimples lightly with Cuticura Ointment on end of finger and allow it to remain on five minutes. Then bathe with hot water and Cuticura Soap and continue some minutes. This treatment is best upon rising and retiring, but is effective at any time. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Light Bread. A smell of buns and cakes and newly-baked loaves pervaded the shop as Mrs. Maggins entered, a businesslike old lady in cape and bonnet. "Good morning!" she said, briskly. "Permit me to compliment you on the lightness of your bread!"

The baker rubbed his hands, and smiled benignly. "Thank you, madam!" he remarked, proudly but respectfully. "It is my aim to bake the lightest bread in this city."

The old lady, still businesslike and brisk, then put the closure on the meeting. "Yes," she remarked; "and you do it. If it gets much lighter, it'll want two of your pound loaves to weigh sixteen ounces."

Good Prospect for Business. A young lawyer tells this story on himself with a keen appreciation of its humor: "A negro came into my office recently and consulted with me about getting a divorce for his daughter, who was the oldest child. After ascertaining from the old negro the grounds for a divorce he asked me what my charges would be. I told him, and he said as follows: 'Mr. —, you know I'm always given you my business.' I told him, 'Yes, and I appreciated it. You know I'm always given to give you my business, and Mary what wants this divorce is my oldest child, and just and oldest one married. This thing is just startin', and I have eleven children, and, of course, you'll get them all, and couldn't you make me a wholesale price on them?'"

A GOOD CHANGE. A Change of Food Works Wonders. Wrong food and drink cause a lot of trouble in this world. To change is first aid when a person is ill, particularly from stomach and nervous troubles. As an illustration: A lady in Mo. was brought around to health again by leaving off coffee and some articles of food that did not agree with her.

She says: "For a number of years I suffered with stomach and bowel trouble which kept getting worse until I was ill most of the time. About four years ago I left off coffee and began using Postum. My stomach and bowels improved right along, but I was so reduced in flesh and so nervous that the least thing would overcome me."

"Then I changed my food and began using Grape-Nuts in addition to Postum. I lived on these two principally for about four months. Day by day I gained in flesh and strength until the nervous trouble had disappeared. I feel that I owe my health to Postum and Grape-Nuts."

"Husband was troubled, for a long time, with occasional cramps, and slept badly. Finally I prevailed upon him to leave off coffee and take Postum. After he tried Postum for a few days he found that he could sleep and that his cramps disappeared. He never went back to coffee." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum, Cereal—the original form—must be well boiled. 15c and 25c packages. Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup. "There's a Reason" for Postum.—Sold by Grocers.

FROM GIRLHOOD TO OLD AGE WOMEN ARE HELPED. At the first symptoms of any derangement of the feminine organism at any period of life the one safe, really helpful remedy is Dr. Pierce's Favorite Prescription for every conceivable ailment and disease of a womanly nature. It is a woman's temperance medicine and its ingredients are published on wrapper.

Dr. Pierce's Favorite Prescription is a true friend to women in times of trial and at times of pain when the organs are not performing their functions. For headache, backache, hot flashes, catarrhal conditions, bearing down sensations, mental depression, dizziness, fainting spells, women should never fail to take this tried and true woman's medicine.

Their Trade. "I wonder more speculators don't make aviation trips." "Why speculators?" "Because they're used to taking flyers."

Not Gray Hairs but Tired Eyes make us look older than we are. Keep your Eyes young and you will look young. After the Movies Murine Your Eyes. Don't tell your age. Murine Eye Remedy Co., Chicago. Sends Eye Book on request.

Getting Satisfaction. De Quiz—Why did you walk home from the races? De Whiz (with bitterness)—Because I wanted to beat the nag I bet on. If love makes the world go round it's no wonder lovers get dizzy.

Makes Work a Burden. A bad back makes hard work hard. All day the dull throbs and the sharp, darting pains make you miserable, and there's no rest at night. Maybe it's your daily work that hurts the kidneys, for jarring, jolting, lifting, reaching, dragging and many other strains do weaken them. Cure the kidneys. Use Doan's Kidney Pills. They have helped thousands and should do as well for you. Thousands recommend them.

A Pennsylvania Case. William M. Robb, 202 E. 10th St., Philadelphia, Pa., says: "I was almost laid up with kidney trouble, brought on by exposure to bad weather, back and kidney fairly throbbing with pain, and I could hardly get up without help. My head ached and the kidney secretions passed too freely. Doan's Kidney Pills helped me after everything else failed, and four boxes cured me."

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

For Spavin. curb, spint, sweeny, wounds, swellings, galls, sprains, scratches, collar sores, etc. Yager's Liniment gives the most satisfactory results. It dispels the pain and stiffness and absorbs the swellings very quickly.

YAGER'S LINIMENT. Recommended by Driver and Trainer. Mr. B. J. Tuft, Salem, N. J., writes: "Yager's Liniment is the most wonderful horse liniment I ever used. Have been handling and training horses for speed for 20 years and have had hundreds of different brands of so-called horse remedies. I wish your liniment the large sale it deserves and recommend it most highly."

Prepared by GILBERT BROS. & CO., BALTIMORE, MD.

Dr. Bull's COUGH SYRUP. A DOCTOR'S prescription for children. Checks cough, cold, croup, whooping cough, and measles' cough. Most effective and reliable remedy a mother can give. PLEASANT TO TAKE. PRICE, 25 CENTS. Made of purest drugs to be had. Cuts a child's suffering short.

20, 624, 316 BOTTLES SOLD. FREE TEST! Write A. C. Meyer & Co., Madison, Wis., for test.

GETS AT THE JOINTS FROM THE INSIDE. RHEUMAGIDE. The Old Reliable Remedy for acute, chronic or muscular RHEUMATISM. Rheumatic Gout or Lumbago.

ADVICE TO THE AGED. Age brings infirmities, such as sluggish bowels, weak kidneys and torpid liver.

Tutt's Pills. have a specific effect on these organs, stimulating the bowels, giving a purgative, and imparting vigor to the whole system.

W. N. U., BALTIMORE, NO. 8-1918.