# YOUNG WOMEN

Need Only Trust to Lydia E. Pinkham's Vegetable Compound, says Mrs. Kurtzweg.

Buffalo, N.Y.-" My daughter, whose picture is herewith, was much troubled with pains in her



month and they rould sometimes be so bad that it would seem like scute inflammation of some organ. She read your advertisement in the newspapers and tried Lydia E. Pinkham's Vegetable Compound.

The praises it highly as she has been relieved of all these pains by its use. All mothers diould know of this remedy, and all young girls who suffer should try it."-Mrs. MATILDA KURTZWEG, 529 High St., Buffalo, N. Y.

Young women who are troubled with painful or irregular periods, backache, heafache, dragging-down sensations, fainting spells or indigrestion, should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

If you know of any young wo-man who is sick and needs helpful advice, ask her to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass. Only women will receive her letter, and it will be held in strictest confidence.

MEN AND Kidney trouble preys upon the mind, discourages and lessens ambitton; beauty, vigor and cheerfulness often disappear when the kidneys are out of order or diseased. For good results use Dr. Kilmer's Swamp-Root, the great kidney remedy. At druggists, Bample size bottle by Parcel Post, also pamphlet.

Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents. When writing mention this paper. mention this paper.

GOOD DIGESTION.

### LITTLE WONDER 10 CENT

all selections. Write for circular issued each week. Little Wonder Record Albums, by each holds 20 Records. Give us the names of 5 persons having talking machines and we will sail you prepaid 1,000 loud or soft tone talking machine needles, 10 papers value 50c for 5c. Will play on any disc machine.

UNITED 5-10-25c STORES 627-839 W. Baltimore St. BALTIMORE, MD.

Just the Reverse. "Did the doctor pay a visit?" "No; the visit paid the doctor."

NOTHING SO EFFECTIVE AS ELIXIB BABER For Malaria, Chills & Fever. Chief of Police, J. W. Reynolds, Newport Kens, Va., sayer, "H. Is a pleasance to recommend Babek for callia and fever. Have used it when becoming for 20 years and have found to remedy as effective." Efficie Rabik 50 cents, all druggints, or by Parcel Diest, prepaid, from Rioczewski & Co., Washington, D. C. i de Co., Washington D. C. 1 de Co., Washington D. C. 25 cents

An Artist.

"Row did old Mr. Doppel act when you asked him for his daughter's

Splendidly. I've seen people on the stage who couldn't simulate sorrow any better than he did."

Going and Coming.

"That's Doctor Sharp in the fine motor car," said the native of the town to a visitor. "He's our leading medical man, and very rich."

"Oh:" said the visitor, politely interested. "And did he make all his money from his practice in this small

"Not all of it. He invested some money in an oil well company, which has turned out very successful."

Then he makes his money out of the sick and the well, does he?"

Half as Bad.

One of the clerks at the weather bureau recently took upon himself a wife, and it has been his endeavor to interest her in his work at the office. The other evening, on coming home he said: "It was a terrible storm that swept through Jersey. The wind blew 60 miles an hour for 30 minutes."

"Well, dearie," said the wife, anx loss to show an intelligent interest in the matter, "it's lucky, isn't it, that It blew only half an hour?" Why?"

Well, thirty miles isn't nearly so bad."—Harper's Magazine.

"He who has health has hope, And he who has hope has everything." (Arabian Proverb)

Sound health is largely a matter of proper food which must include certain mineral elements best derived from the field grains, but lacking in many foods.

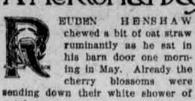
## Grape-Nuts

made of whole wheat and malted barley, supplies all the rich nourishment of the grains, including their vital mineral salts-phosphate of potash, etc., most necessary for building and energizing the mental and physical forces.

"There's a Reason"

Sold by Grocers everywhere.

OUNG WOMEN The GOVERNOR'S TRIBU MAY AVOID PAIN A Memorial Day Story by Adele Brown



petals. In the opposite corner of the barn door sat the chairman of the selectmen of the village. He had just paid Reuben what the farmer considered a wonderful compliment.

"Of course," said Reuben, "I expect to be present at the exercises that day. 'Tain't often this town has a centennial, and I ain't likely to see another," smiling whimsically. "When I heard the Guv-nor was comin' I was more'n anxious to go, 'cause he's got a name like an old friend of mine-nicest boy you ever see-shot 'way back in '64 in s skirmish—same night I got this hole is my leg. I kinder think the Gov'nor may be some kin of his'n. Maybe IT' have a chance to get speech with

"Sure you will. We don't care for eratory, Mr. Henshaw. We want plain facts, and you'll give us those. Good morning."

Long after Mr. Whitney's top buggy had disappeared over the crest of the hill, Reuben sat in the barn door and mused. In imagination he was back in the autuma morning long ago, when the fifteen volunteers of the little village marched away. How gay they were, or pretended to be! The maple trees had spread a flaunting carpet of scarlet and gold for their feet. The leaves rustled merrily as they marched, heads up, faces front. The girls waved and cheered, but the mothers knew and hid their faces. He could see his mother's white face now. We smiled, as he recalled Samantha's face that morning, round and rosy, with a wealth of curls on either side, and blue eyes meeting his eyes shyly. She had pressed a small package in his hand when he went to say good-by the evening before. He waved his thanks as he passed her in the crowd. Dear little daguerreotype! he had it still. faded but beautiful to him. He must go and tell her about Mr. Whitney's compliment. She would be glad to know. Samantha was always glad when henors came to him.

As he reached the kitchen door, Samantha came down the steps to help him. Putting her hand under his arm she said:

"Why, father, I didn't know but I'd have to come and get you. Thought you'd fallen asleep."

"I was dreamin', ms. but I wasn't esleep. I was way back in war time. Al Whitney was here this mornin' to get me to make a speech at the Centennial. 'A Tribute to Our Boys of '61.' he said I was to call it. But I ain't goin' to put no such high-flyin' title as that on it. If they want an account of how our boys fit and suffered and died. I can give it."

"That's so, father; no one can do it better. But won't you be afraid talkin' to the Guy'nor and so many folks?"

Reuben laughed softly. "Now, mother! the Guy-nor ain't a day older than our little Tom would have been. And just like 's not Tom would have the governor should make the final ad- rade. Reuben Henshaw." seen Guy'nor if he had have lived. No. I ain't a mite scared."

for several days after Mr. Whitney's catch the speaker's words, "Strange," visit; for Reuben spent many hours at the old deak in the sitting-room writ-

ing his manuscript laboriously. At last the great day dawned, bright and clear. Preparations had been going on for several days in the village. The hotel and post office were gorgeous in flags and bunting. Flags how tired he was that night we camped floated from many house windows. At below Hazel Run. Tom was almost one end of the common a huge tent sick that night, anyway. I was a lot had been erected, and there the speak. stronger, and glad to take his place on ers would face the assemblage. An or- the picket line. 'Twas pretty hard to gan had been placed in front of the keep awake, though. I couldn't help rostrum, and a choir of village boys it-if my feet-did stumble-myand girls drilled for the occasion. The head-felt-as-though-" A sudden band from Upper Hallam had volun- jerk. "Why, I thought I was a boy on teered their services. In front of the | picket duty again; I must have dozed. hotel was placed a dining-tent to ac- And Reuben looked about in wonder commodate the overflow. The village till his eyes found Samantha's face was astir early, and long before ten again and rested there. Now the govo'clock, the hour set for the exercises ernor was on his feet. He was speakto begin, the church sheds were filled ing. What was he saying? Reuben with horses, carriages, express wag- leaned forward, his old hands with ons and farm wagons, while a long their knotted veins clutching his tine of nondescript vehicles, with of knees, his blue eyes filled with wonder. ten indifferent locomotive power, lined "Friends," the governor was saying. the fences. Purveyors of badges and "before I begin the speech I am here postal cards wandered up and down to make, I want to pay a tribute to one and the toy balloon man arrived early. of your volunteers whom your speaker The entire township had poured its has overlooked. I have a father-he full measure of enthusiasm into the is here today-who was also a volunvillage; and in the home gatherings | teer in '61. In Washington he met a | you can't stand it." And so, led by were brought together for the first boy from his own state. They became time sons and daughters who had chums and tentmates. They were to sunlight.



wider horizons years before.

murmur at the rear of the tent among accepted the duty to spare his friend. a group of strangers.

Reuben fumbled for his manuscript, painfully back and forth on his post?" gripped it tight, and sought out the face that had never falled him. Then he began his speech. "Fellow-citizens, all was very still-"a small detachneighbors, friends," he began, "your chairman selected me to talk to you about some of the bravest men this my father was shot." town ever had. I've got it all writ down here, but my specs ain't workin' right, and I don't believe I can read it. | he was hilled," he murmured. Guess I'll jest have to tell it to you after all. I'm wearin' gray today 'stead o' blue. I've buried all hard in amid a rain of bullets thick as bair. feelin's toward the color. Them fel- and dragged the senseless body to lows that wore it fit jest as hard as we did, and they got licked, and I guess we ain't drawin' the color line very tight now. I didn't feel that way, though. forty-five years ago, when I marched out of this town in the fall of '61, along with-" Here followed the string of fourteen names well-known and reverenced in the village. Reuben forgot his audience and talked as he had talked many times to the children and friends who loved to hear his war stories, giving kindly tribute to his companions of campfire and battlefield. telling of lonely pickets and forced marches, dwelling upon acts of bravery and fearlessness, till his bearers thrilled with the recital and many eyes

were wet. At last the chairman was

obliged to touch him on the shoulder

applause.

dress. Reuben, his mind freer now studied the young governor's face as Joe, the bired man, had double work he sat bending slightly forward to thought the old man, "how much he looks like Tom Duffield, my old tentmate and chum. Tom was shot way back in '64, long before this boy was born. But he is strangely like: the same alert, eager face, the look Tom always had before a battle. Poor Tom!

turned their backs on the village for gether in many a hard-fought battle. Many a night they lay in the trenches It was all blurred confusion to or marched weary miles in each other's Rouben as he was ushered on the plat- company. One night-my father tells form and saw the sea of faces before the story with loving remembrancehim. He could not distinguish an ne- your soldier boy did picket duty. It quaintance, and decided that his eye- was cold and wet. Next day the march sight was growing poor. By and by was a hard one, through the mud of a as the mist cleared he saw Samantha's country road. My father was not sympathetic-face, and to that face he well. When after plodding wearily talked when the time for his speech | for many miles a halt was called, and came. Then Mr. Whitney turned and camp made, he was assigned to picket introduced "our honored citizen and duty. He was very tired, too tired to sole remaining veteran of the Civil keep awake, and so your boy volunwar, Mr. Reuben Henshaw." As he teered to serve in his stead. Your boy stood up, tottering a little on his had served the night before. He had wounded leg, there was a surprised marched as far as my father, but he

> "There was another night" - the governor's voice was quiet now and ment of the Fifth was surprised by the enemy. In the skirmish that followed,

Can you not see him as he trudges

Reuben's mouth had fallen open "I kno't: wasn't I there to see? But

"His chum," continued the gover nor, "seeing his comrade fall, dashed place of safety, then disappeared."

"Grays ketched me," muttered Reu-

"When my father recovered consciousness he was in a field hospital of the Christian Commission. There he learned of his friend's part in that night attack. Search was made; but all effort to find that friend proved unavailing, and he was given up for dead When my father recovered, minus his right arm, he received an honorable discharge, and returned home. Later he left his home and went to Vermont. I learned today that his old comrade is still alive. I have listened with interest to the glowing tribute your speaker has paid to the volunteers of this village. But he has been too modest. Some of the bravest and tell him his time was up; and he deeds he has left unrecorded. So I sank into his seat smid a thunder of take pleasure in giving my inadequate testimony to the bravery and kindness There was one more speaker before of your naighbor and my father's com-

> There was not a sound to be heard as the governor turned and clasped Reuben's hands in both his own. The old man's eyes were full of tears, and his voice trembling as he asked engerly, "Is Tom alive? is Tom alive?"

"Yes," returned the governor, "not only alive, but here. He came with me today because it was to your town I was coming." The crowd had been quiet long

enough and now broke into tumultuous applause. Down through the aisle another old

man was coming, gray, bent, his right sleeve hanging empty. Making his way through the curious applauding throng he reached the platform, while the governor, still holding Reuben's hand, stepped forward to meet him. One look into each other's eyes, and the two old comrades clasped hands with a cry of "Reuben!" "Tom!" Then their trembling voices failed and their eyes overflowed.

Samantha laid a timid hand on that of her neighbor.

"I'm afraid father can't stand it," she said anxiously. "I must go and get

Shouldering her way to the platform, she caught Reuben's coat, "Come father," she said, "You and Mr. Duffield come outside with me. I'm 'fraid Samantha, they passed out into the



### INTERESTING ITEMS

William H. Crane, the veteran actor, is the oldest comedian on the American stage, having been on the boards for 53 years.

Quail hunters have nearly obliterated the birds in Missouri. Ten thousand quall have been imported from Arizona to restock the depleted

Alba Johnson, head of the great Baldwin Locomotive works, began as a clerk in the office of that concern. With delicate apparatus a Russian

scientist has demonstrated that light waves exert a measurable mechanical An electric light has been invented at 20 to 8 in favor of the other fellow to be mounted on a phonograph to il-

of the instrument is raised. One hundred and eighteen barrels of lising the base metals oil a day are pouring so rapidly from a new well recently struck at Tampi- 16 persons safely through the roughco, Mex., that efforts to cap the gual- est water has been invented by a or have all falled and the outpouring Dane who once saw an fron water threatens to swamp all storage facilties of the big officied there.

By fastening them together with string one inventor proposes to prevent mistakes in the use of polson tablets while another suggests inclosing them in pointed metal guarda which would block attempts to swal. and the other half about the Confedlow them.

Senator Gallinger of New Hampshire who recently celebrated his seventyninth birthday, has been a United States senator for 25 years.

Iron in its red-hot state vibrates at the rate of 477,000,000,000 times in a The man who bet there were more

babies than dogs in the fashionable colony at Palm Beach must be a cheer ful loser, last reports placing the count A Welsh inventor has been granted luminate the needle and disk, auto- a British patent for a process for rematically switched on when the lid moving solder, tin and chemicals from cal landlord. Dancing formed part of scrap and galvanized metals and util-

> A globular lifeboat which can carry tank floating several weeks after a

Sectional. Church-You say he has a sectional bookcase in his library?

Gotham-Oh, yes, half of it contains books all about the Union army

Natural Curiosity. "The fellow in that automobile is a egular lady-killer." "How does he manage it?" "Oh, just happens to run scross

them.

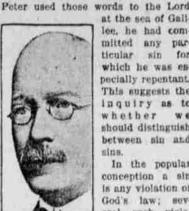
Grand Words. One of the best examples of picturesque periphrasis appeared in a proincial Irish newspaper. The writer was describing the coming-of-age few tivities, held in honor of a son of a lo the entertainment, and the fiddler was referred to as "Paganini's representa

But He Doesn't. If a book agent had to read all the ooks he sells, he wouldn't have time to sell any.-Exchange

### SIN OR SINS

By REV. J. H. RALSTON retary of Correspondence Departmen Moody Bible Institute of Chicago

ful man, O Lord.-Luke 5:3, There is no indication that when



mitted any particular sin for which he was especially repentant. This suggests the inquiry as to whether we should distinguish between sin and

In the popular conception a sin is any violation of God's law; several such violations would be called sins. When

we are studying man as a sinner before God, should we have in mind individual sins, or something back of them that we may call sin?

### Reform Not Sufficient.

This inquiry is quite important from the fact that we hear a great deal about the sine of men, and little about their sin. The pastor or evangelist very frequently urges men to get right with God, and in doing so he often cries: "Quit your meanness;" "Get on the water wagon;" "Stay at home of nights;" "Stop your gossiping," etc. The result of such exhortation is in very many cases prompt obedience to the exhortation of the preacher and the life is greatly improved. What has taken place? Practically nothing more than reform, and there is no guaranty that it will be permanent.

But are these individual transgressions of law all that is in the mind of the Spirit, speaking in the Bible? In many places in the word of God sin is spoken of in such connection that the individual transgression can hardly be in mind. "In sin did my mother conceive me;" "God be merciful to me a sinner;" "There is a sin (the particle is not in the original) not unto death;" "I am a sinful man, O Lord;" "O wretched man that I am! who shall deliver me from the body of this death." In none of these, and many more might be cited, is there any reference to particular sins; the clear intimation is that there is something back of the individual sin: a state, or condition, or tendency that is properly called sin.

### Sinning the Law of Life.

When it is said "The soul that sinneth it shall die," we are not to understand that a single sin is in mind, any more than when we consider the words "He that is born of God sinneth not." In the latter case it is not a question of a man committing some particular sin, as may be easily learned from an intelligent study of the original language. In the American Revised Version that text is translated "Doeth not sin." That is an approach to the correct idea, but a better expression would be "Does not practice sin." That is, sin is not the rule of the man's life. "The soul that sinneth it shall die," does not mean that a man who commits a single sin. or indeed many of them, necessarily dies on that account, although he will suffer penalty, but it means that the man whose law of life is sinning, will

Paul doubtless had sins which trou bled him, but he saw something back of those particular sins and cried out "Who shall deliver me from the body of this death?" We can hardly think of using extravagant language in that connection if he had only in mind relief from some particular transgression; but if he saw that his whole nature was changed, he could very reasonably cry out "I thank God through Jesus Christ our Lord."

As long as man only has his eye on his individual transgressions and thinks of freeing himself from their evil effects, he is only getting the merest part of the blessing of salvation through Jesus Christ. His prayer for pardon is good, but would be much better if he could pray "Create in me a clean heart, O God." He is then getting at the root of the matter for he readily sees that if the fountain is pure the stream will be pure, and if the tree is good the fruit will be good.

Few, apparently, take in the fact of the extent of the salvation of Jesus Christ. It not only touches the individual offenses against God, but it touches the cause of those offenses, it means a change of the heart.

### A New Heart Needed.

Regeneration is fairly well presented by both ministers and evangelists, but it needs more emphasis than it is receiving, and if a proper distinction could be made between sin and sins, there would be more thought of the need of the new heart and there would be no satisfaction nor rest until that is secured.

God is as able to make the fountain of life pure as to pardon the individual sins. While a pure life is pleasing to him, it is not that which he asks man to give to him, rather his heart. "Son, give me thine heart." One of the sweetest promises that we have in the Bible, is in the Old Testament and has an application here: "A new heart also will I give thee and a new spirit will I put within thee; and I will take away the stony heart out of your flesh and I will give you a heart of flesh," God is most honored as we seek for the widest and the deepest blessings that the plan of redemption through Jesus Christ offers.

Godly lives, like the trees by the celestial river, yield their fruit every month and their leaves give healing to the nations.

## FRECKLES Rest Those Worn Nerves

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There's no longer the slightest need of
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guaranteed to remove these homely spots.

Simply get an ounce of othine—double
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little of it night and meraing and you
should soon see that even the worst freckles
have begun to disappear, while the lighter
ones have vanished entirely. It is seldom
that more than one ounce is needed to comnictely clear the skin and gain a beautiful
riear complexion.

Be sure to ask for the double strength
othine, as this is sold under guarantee of
money back if it fails to remove freekles—
Adv.

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But the man who invariably tooks before he leaps never acquires much of a reputation as a leaper.

### DON'T LOSE YOUR HAIR

Prevent It by Using Cuticura Soap and Ointment. Trial Free.

If your scalp is irritated, itching and burning and your hair dry and falling out in handfuls try the following treatment: touch spots of dandruff and itching with Cuticura Ointment and follow with hot shampoo of Cuticura Scap. Absolutely nothing better. Free sample each by mail with Book Address postcard, Cuticura, Dept. L.

Boston. Sold everywhere .- Adv.

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In all of one's burry, save time to plan what to do next.

### TALK ABOUT ITCHING

A well known Georgia dentist, Dr. R. H. Thomas, Valdosta, Ga., writes: "I feel as though some encouragement is due you for the good results 1 obtained from Hancock Sulphur Compound. I suffered greatly for three long, hot summers, with some unknown itch on my legs from my knees to my ankles. There was no eruption -the skin perfectly clear and smoothbut talk about itching, it certainly did it. I have used one fifty cent bottle of Hancock Sulphur Compound and think I am nearly well. Many thanks." Hancock Sulphur Compound and Ointment are sold by all dealers. Hancock Liquid Sulphur Co., Baltimore, Md. Write for Booklet .- Adv.

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900 Drops

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treatment."

There are too many sidetracks is connection with the royal road to

The average man would rather visit dentist than his wife's relatives.

A preferred creditor is one who is Modern warfare has rendered Cuwilling to wait until you get ready te pid's artillery obsolete.

Tells the Story of Western Canada's Rapid Progress

The heavy crops in Western Canada have caused new records to be made in the handling of grains by railroads. For, while the movement of these heavy shipments has been wonderfully rapid, the resources of the different roads, despite enlarged equipments and increased facilities, have been strained as never before, and previous records

have thus been broken in all directions. The largest Canadian wheat shipments through New York ever known are reported for the period up to October 15th, upwards of four and a quarter million bushels being exported in less than six weeks, and this was but the overflow of shipments to Montreal, through which point shipments were much larger than to New York.

Yields as high as 60 bushels of wheat per acre are reported from all parts of the country; while yields of 45 bushels per acre are common Thousands of American farmers have taken part in this wonderful production. Landprices are still low and free homestead lands are easily secured in good localities, convenient to churches, schools, markets, railways, etc.

There is no war fax on load and no conscription.

J. P. JAFFRAY

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