

LOSE AWFUL CRAMPS

Questions that may save Much Suffering

For twelve years terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a free woman. I cannot praise E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did. GEORGE R. NAYLOR, Box 72, Gile, Pa.

SOLDIERS GOOD SHOTS

A Story From Vera Cruz That Tells of the Marksmanship of Uncle Sam's Marines.

Marines know how to handle a rifle. Not only do the force are qualified shots. There is a story of Vera Cruz that tells of good marksmanship and a sure eye. Henry Reilly writes in the Youth's Companion: "The Mexicans were marching up from the plaza between two two-story houses. A well known Mexican, with a newspaper in his hand, was sitting on the balcony of the house, apparently intent on our soldiers' advance; but he did not raise his rifle, but he held a big red flag and as our men went by he waved the flag. The bullets were striking, but he did not seem to care. He looked peacefully on from his balcony, being the sniper. He raised his paper, the Mexican side to reload. When he came back on the balcony the glint of his rifle caught the attention of Lieutenant Neville on horseback in front of him. He saw eight or more yards away. He saw his eight-power field glass the man plainly the flash of the hammer under the newspaper. 'What do you mean?' he said, turning to his neighbor. 'What did he mean?' 'He was looking at the Tombs prison perfectly contented warden, says the New York correspondent. He had looked twice during the morning with a frock coat and as he had called to see him, and as he was returning at three o'clock, he cut short his tour of the prison and returned to his office. He had called had called, fumed and left this note: 'Thirty years ago my father, who was of me and undoubtedly punctual, employed as a heat denunciator in a mill in Pittsburgh. For years, he was set for a considerable time, he was gone. However, it was common now, after all these years, to see a man who would deliberately use it for your own benefit and proceed likewise. I leave you at four o'clock, but trust to see you again. A friend.' At a late hour, when he was reading the paper, he was reading it for the ninety-third time. 'Has a Fine Edge.' 'His she very keen in money.' 'Well, her husband says it's the way she cuts into his Town Topics.'

What Did He Mean? Three o'clock this afternoon Hanley of the Tombs prison perfectly contented warden, says the New York correspondent. He had looked twice during the morning with a frock coat and as he had called to see him, and as he was returning at three o'clock, he cut short his tour of the prison and returned to his office. He had called had called, fumed and left this note: 'Thirty years ago my father, who was of me and undoubtedly punctual, employed as a heat denunciator in a mill in Pittsburgh. For years, he was set for a considerable time, he was gone. However, it was common now, after all these years, to see a man who would deliberately use it for your own benefit and proceed likewise. I leave you at four o'clock, but trust to see you again. A friend.' At a late hour, when he was reading the paper, he was reading it for the ninety-third time.

Has a Fine Edge. His she very keen in money. Well, her husband says it's the way she cuts into his Town Topics.

The Danger of Coffee Drinking

Some people find it wise to quit coffee when their nerves begin to "act up." The easy way now-days is to switch to Postum. Postum is economical and gives health and pleasure. There's a Reason.

SENT 1075 BILLS TO GOVERNOR

Legislature Just Before Adjournment Rushed Through a Flood of Measures.

VETOES KILL THREE BILLS

There Are Now in the Hands of the Governor 696 Bills—Some Vetoes and Some Measures That Have Been Approved.

Harrisburg. The Legislature which adjourned sent to Governor Brumbaugh 1075 bills, a number which were recalled by resolutions of the two Houses. There are now in the hands of the Governor 696 bills. Exclusive of the recalled bills the action of the Governor has been as follows: Approvals of general bills, 226; approvals of appropriations, 42; vetoes, 81. Governor Brumbaugh announced vetoes of two bills providing for increases of salaries, and also of the bill providing for a change in levying of taxes in townships for highway lighting. The vetoes were the first of a series expected to be made by the Governor.

In vetoing the House bill providing for increase of salaries of clerks in the office of the Recorder of Deeds of Philadelphia the Governor says: "Such salary matters ought to be determined by the local authorities who know the facts, and not by the State, whose interest is remote and whose knowledge of the facts is scant. The counties have the obligation to pay; why not the right to determine salaries? The State is not liable for the increased cost of this service; why should it decree the increase? It is a local matter." The Governor also vetoed the bill to increase salaries of county officials in Luzerne and Lackawanna counties and said that it is not manifest why these officials should be singled out for the increase. He says the bill as drawn is not equitable, and that people have protested against the measure. "There is no evidence that better service would ensue," adds the Governor.

In his veto of the township light tax bill the Governor says to change the plan now existing would be an infringement upon rights, and that in his opinion the present law is all right. A change would work an injustice. He closes with this remark: "Any law that discourages where it should encourage laudable establishment of owned homes is not good law."

The Governor announced his approval of the Powell "war garden" bill, which makes it a misdemeanor, punishable by not over a year in prison, or \$100 fine, for anyone to steal, remove or destroy any seed or plant sown or planted in gardens. The Governor approved eight other House bills, including the following: Forbidding power-driven vehicles from going over bridges at the rate of more than six miles an hour. Requiring filing of certificates with Secretary of the Commonwealth by all persons engaged in business under assumed or fictitious names. Giving poor districts right to take land for buildings or farming purposes, and providing means of paying damages therefor. Validating satisfaction of mortgages in certain cases. Providing for construction of public improvements in Philadelphia on the unit principle. Providing for changes in State highway routes in Montour county. Amending public improvements and eminent domain act of June 11, 1915, by excepting proceedings to ascertain damages and benefits for municipal street or sewer improvements. Regulating election of first-class township commissioners, and providing a method whereby Courts may number election districts.

State Treasury Strong. The receipts in the general fund of the State Treasury during the month of June were greater than the total balance in all State funds on June 30, 1916, according to reports of the past month just closed. The financial condition of the State has not been better for several years for the total balance of all funds now is \$7,360,795, while a year ago the total balance was \$2,204,922. At that time the general fund, or the working capital of the Commonwealth, was \$1,095,380. The general fund balance last August got below the \$1,000,000 mark.

While the receipts during the past month were heavy, amounting to \$2,688,234 in the general fund alone, the payments also were large and \$2,382,796 was paid out of this fund. The total receipts for the month were \$2,837,053 and the payments were \$1,500,000 in excess of this amount, being \$2,985,494.

For Elastic Contracts. Governor Brumbaugh approved the Stern bill, which permits Philadelphia to award contracts by the unit system. The measure, which was drafted by City Solicitor Connelly, is an amendment to the Bullit Charter act, under which he city was required to appropriate the total sum involved in the construction of a public improvement before the contract could be let.

The Stern bill permits contracts to be awarded for a portion of the proposed improvement. Cat's Estate Shifty. Deputy Attorney General Horace W. Davis has written an opinion in reply to a question of John Ritmore, superintendent of the Western Pennsylvania Humane Society of Pittsburgh, whether a cat is property, to the effect that diligent search has shown but one State in which a cat is considered "a thing of value." Various States, he says, have listed bees, when not in a wild state; deer and dogs as property, but have not included the cat, except in Connecticut.

PENNSYLVANIA BRIEFS

Paul W. Houck, of Shenandoah, took the oath of office as Secretary of Internal Affairs, to serve out the unexpired term of his father, the late Henry Houck. Seventy friends from Schuylkill county accompanied Mr. Houck. The oath was administered at Harrisburg by Frederick A. Godcharles, deputy secretary of the Commonwealth. No changes will be made for the present in the department.

The adjutant general's Department, Harrisburg, announced that it had received a report that the Sixteenth Infantry, Colonel George C. Rickards, Oil City, had reached war strength of 56 officers and 2092 men, the second regiment of the Guard to reach this strength, the first having been the Third Artillery, Colonel Asher Miner, Wilkes-Barre.

Warning that demands of military hospitals and convalescent camps for eggs will be so tremendous in the next year or so as to cause a shortage in the supply that ordinarily goes into domestic food business is given in the bulletin of the State Department of Agriculture. It is urged that people should not kill off their hens.

Park View, near Hazleton, is organizing a fire company, after \$10,000 loss. From burns caused by a firecracker, Francis Leary, aged 7, died at Lancaster.

Close to 8700 pneumatic-tired automobiles have been granted State licenses on the half-year basis by the State Highway Department.

Bathing after a hearty supper, Harry Himmelberger, aged 19, Lebanon, was fatally stricken with paralysis of the heart, in Swantara Creek, Valley Glen Park.

J. W. Mitterling sold a cartload of cows in Collegeville, and they brought \$80 to \$140 each.

Of 54 Norristown young men who joined the Second Field Artillery, f Philadelphia, but 15 were accepted.

The managers of the Bradford County Agricultural Society have decided to abolish horse racing at the Towanda fair this year. Half of the net proceeds of the fair will be turned over to the Red Cross Society.

Allegheny Mountain coal operators who have been retailing at Hollidaysburg at \$2.50 a ton advanced their price to \$3 a ton to meet the supposed minimum rate fixed by the United States Government, to the indignation of thousands of consumers.

After years of idleness, the plate mill of Potts Brothers, Pottstown, under a new ownership, The Nagle Steel Company, which also operates mills at Glasgow, Seyfert and Rahway, N. J., has purchased the entire Potts mill property and reconstructed it.

West Hazleton has instituted a blue law regime by Sunday closing.

Not receiving a bid, Altoona School Board will haul its coal from the mines.

War-time conditions have cut the attendance at Pennsylvania State College summer session for teachers to 645, against 1194 last year.

The Pennsylvania Railroad Women's division of War Relief, Altoona, has forwarded 200 soldiers' kits to the Ninth Regiment of Engineers.

Because so many parents have been imploring him to spare their sons, B. W. Wilde has notified Governor Brumbaugh he does not wish to serve on the Hazleton Draft Exemption Board.

The Mennonite Home at Frederick is caring for 13 aged people.

The Pennsylvania railroad east of Pittsburgh has dropped the use of white lights in signals.

Jesse Williamson, Jr., of Philadelphia, a social leader, was sentenced to serve between eight and 24 years' imprisonment for embezzlement.

A class of 127 was graduated from the Lancaster High Schools, the largest in the history of the city.

Two hundred companies for home defense will be organized by the State organization of the Patriotic Order Sons of America.

The eight paroled prisoners who are tilling the soil at the Montgomery County Home are delighted with the change and the steward says they are doing good work.

Berks county farmers of the potato belt, when visited by speculators last week, who offered them \$2 a bushel for their potatoes in the autumn, refused to enter into any game of speculation.

Hawley Quier, John G. Rothermel and Charles S. Richardson, prominent Reading young men, have arrived in France as members of the Princeton Unit. Quier is driver of an army automobile.

Allen women in bloomers are doing farm work near Bristol.

There is an organized movement for the consolidation of a part of Lower Chichester township and the borough of Marcus Hook, which includes Trainer and Linwood Heights.

The new motor truck company for the National Guard, organized at Lancaster, was inspected by Major R. S. Williams, United States army.

Young Mrs. Irvin Martin held the horses of a mower her husband was driving near Chambersburg to let him catch three runaway colts. The colts approached the horses in the field, and the latter broke and ran, throwing Mrs. Martin in front of the mower's cutter bar, which ran over her and severed her right foot mangled the ankle and foot badly. All over Franklin county women are working in the hay fields.

John C. Kerr, McKeesport, was appointed a first lieutenant in the medical corps of the National Guard and assigned to field hospital No. 4.

It is a dangerous practice merely to give a soldier whisky, as William Lodovick, of Homestead, discovered when he was arrested and fined \$20 and costs, according to a report by Colonel Kemp, commanding the Third Regiment. Information was made by Lieutenant Harry Foss, of Company L.

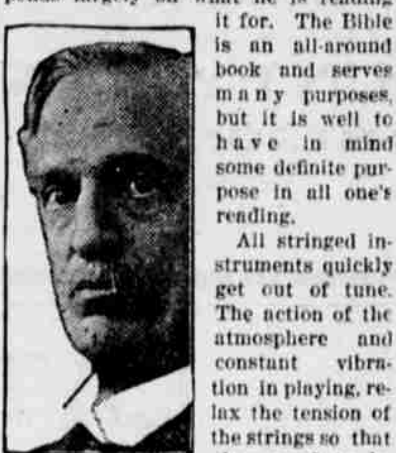
Potatoes have fallen from 90 to 40 cents a peck in Altoona.

Altoona bakers have organized to aid conservation of food.

The Devotional Use of the Bible

By REV. HOWARD W. POPE, Moody Bible Institute, Chicago

TEXT—Give us this day our daily bread.—Matt. 6:11.



How one shall read the Bible depends largely on what he is reading it for. The Bible is an all-around book and serves many purposes, but it is well to have in mind some definite purpose in all one's reading. All strangled instruments quickly get out of tune. The action of the atmosphere and constant vibration in playing, relax the tension of the strings so that they need to be tuned very often. No matter how good the violin is, it needs to be tuned every day, and often many times a day. Man is like a violin. He soon gets out of tune with God. The wear and tear of life, and the demoralizing atmosphere which sin creates, so affects his disposition that he needs to be brought into harmony with God every morning. It is not surprising, when we consider the subtlety of sin, and the weakness of the flesh, rather that it is

Strange that a harp of a thousand strings, should keep in tune so long. Nothing will bring the believer into touch with God so soon as a little taste of the divine Word. For devotional purposes the psalms are perhaps the best reading, because they cover so wide a range of experience. Here we find aspiration and confession, joy and sorrow, adoration and praise. Here we behold the calm confidence which grows out of a sublime faith: "The Lord is my shepherd; I shall not want." Again we meet the bitter anguish which comes from ingratitude, or unrequited love, or the ecstasy of sin forgiven, or the passionate plea for mercy as in the fifty-first psalm, or the shout of triumph in the thirty-second psalm. It is doubtful if there is any experience in life for which we cannot find a duplicate in the psalter, and noting how the man after God's own heart behaved in similar emergencies, we are unconsciously led into the same feeling.

Morning and Eventide. In the morning read the nineteenth psalm and at eventide the eighth psalm. If you are going on a journey, Psalm 21 is appropriate. If in perplexity, read Psalm 37. If you are grateful, choose Psalm 105, or Psalm 106, or Psalm 107. If your heart needs searching, read Psalm 139, which begins with the words, "O Lord, thou hast searched me, and knowest me," and after a sublime description of God's omniscience, closes with the prayer that only an honest heart can utter: "Search me, O God, and know my heart; and see if there be any wicked way in me, and lead me in the way everlasting." If it is comfort you need, you will find it in abundance in Psalms 34, 91 and 103.

The Gospels are also excellent for devotional reading because there we come in contact with the words and works of Jesus. We see how he lived in the home and by the wayside, in the carpenter's shop, and by the open grave. We see him in public life and in private ministry always the same, never hurried, never worried, always thinking of others and never of himself. We see him playing with the children, watching the birds on the trees, the growing grain and the fading flowers. In everything he saw God's love and care, and from all things natural he drew some spiritual lessons. The epistles are especially helpful to the mature Christian as revealing the relation of the believer to his fellow man; to the church, the state, and the perishing world.

How Long. If it be asked how long one should read at a time for devotional purposes, let me answer with an illustration. I once saw a picture of the disciples on the way to Emmaus. The Master has just left them and the two men are looking at each other in glad astonishment. One of them is holding both hands over his heart as he says with rapture, "Did not our hearts burn within us, while he talked with us by the way, and while he opened to us the Scriptures?" He can almost feel his heart burn still as he recalls the memory of that blessed walk. If you ask how long one shall read his Bible for devotional purposes, I answer, "Read until your heart burns and your soul thrills with the consciousness of God's approval." You may read a chapter or a book or a single verse, no matter how much or how little, but read, if you can, until you are consciously in touch with God, and then, with the Father's morning kiss upon your lips, you are ready to meet the outside world.

Some people feel that they cannot spare time for the morning watch, but I question whether any child of God can afford to do without it. Our souls need to be fed daily as well as our bodies, and the Bible is the soul's proper food. "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

The Morning Watch. George Muller's testimony regarding the morning watch is very valuable: "The first thing a child of God has to do morning by morning is to obtain food for his soul. And what is food for the soul? Not prayer, but the Word of God; not the simple reading of the Word, so that it passes through our minds as water runs through a pipe, but considering what we read, pondering over it, and applying it to our hearts. When we pray, we speak to God. When we read the Bible, God speaks to us."

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute of Chicago.) (Copyright, 1917, Western Newspaper Union.)

LESSON FOR JULY 15. HEZEKIAH, THE FAITHFUL KING.

LESSON TEXT—II Chron. 30:1. GOLDEN TEXT—He that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.—Heb. 11:6. The reformation under Hezekiah is one of the bright and attractive spots in the latter history of the kingdom of Israel. It was a most thorough reformation and God set his seal upon it in many wonderful ways. Teachers ought to give their classes a comprehensive view of all that Hezekiah did, as recorded in II Chron., chapters 29-32.

I. Hezekiah's Proclamation. (vv. 1-6). The proper introduction to this lesson would be to return to chapter twenty-nine and note the restoration of the worship of Jehovah. How it began in one man's heart, Hezekiah; how he called the people to be clean (29:15), then called upon a cleansing of the house of God and its restoration (vv. 18, 19). How he called them to be reformed and worship (vv. 20, 21). The restoration of the sin-offering and of the burnt-offering, and the result of these offerings in the Levitical music and in the worship of the great congregation (29, 28). The sequel of song always follows and accompanies a true revival of religion. Having consecrated themselves unto the Lord, Hezekiah sends out this proclamation. The consecration of the people, as referred in chapter 29, was very complete. (See vv. 31-36.) Hezekiah was a man of deep discernment as well as of true piety. He saw the meaning of the sacrifice of redemption and put the passer forward as the very heart-center of the worship of Jehovah. (See vv. 1, 2.) Whoever understands the passover, understands God's way of salvation. (See Exodus 12:13-23; I Cor. 5:7, 8; Rom. 3:25, 26; John 1:29.) Hezekiah did not confine his call to those of Israel alone, but extended it beyond its borders to those of Ephraim, thus manifesting the true missionary spirit. Hezekiah had ample Scriptural warrant keeping this passover out of its regular order (vv. 9-13). God is not a God of time or place. Wherever obedience is possible, whether it be a matter of time or not, God approves. Hezekiah, however, did not act upon his own initiative, but sought counsel. (See v. 2.) The man who is the most clearly led of God is the man who is most eager and anxious to know how God is leading other men and will listen most patiently to their counsel. The fact that the people had not "gathered themselves together at Jerusalem" for a long time, might have warranted a further delay. Not so with this enthusiastic young king. He was not bound by precedent, but was anxious to please God.

II. Hezekiah's Exhortation (vv. 7-13). Hezekiah began his exhortation by calling attention to the trespasses of their fathers (v. 7). At the same time he reminds them that if God gave them over to desolation because they themselves were stiff-necked (v. 8) and yielded not themselves unto the Lord to enter his sanctuary, which he had sanctified unto them, they would come under the fierceness of God's wrath, for they had turned from the Lord; they had "trespassed against the Lord God of their fathers." Because of that trespass God had "given them up to desolation." Literally he had made them "an astonishment." This astonishment and desolation was well known, "as ye see" (v. 7). Anyone with eyes open can see today the desolation of individuals, of families, communities and nations who trespass against God. For a generation we have had the deity of Christ and the inspiration of his Word called into question and that the individual man is the dictator of his own conscience and life, and it is because men have departed from their faithful allegiance to Jesus Christ and fail to obey his command, that we see the strife and desolation of today.

The first departure caused people to be "stiff-necked" and Jehovah is calling them to repentance, but they would not hear (see Ch. 36:13; Ex. 32:9; Rom. 10:21). In place of this "stiff-neckedness" of their hearts Hezekiah entreats them to turn again to the Lord and not to be stiff-necked as were their fathers (v. 8), that if they will turn again unto the Lord (v. 9) they will find compassion so that they shall again enter his precious and merciful dealings. Having decided themselves they were to enter into communion with him and "enter into his sanctuary, which he had sanctified forever."

They were also to serve him. Most blessed results were to follow for them and for their brethren and their children, but all of this bright prospect is conditioned upon repentance, surrender, communion and service, which is based upon the fact that Jehovah "is gracious and merciful" (Ex. 34:6, 7; Ps. 86:5; Jonah 4:2; Mark 7:18). Then, even as now, were those who would not yield themselves to God's gracious invitation. As the priests passed through the country of Ephraim and Manasseh, even unto Zebulun, they were "laughed to scorn and some mocked" (v. 30). Alas that they did so, as we read their subsequent history! Yet even in these places there were some who "humbled themselves and came to Jerusalem," and in Judah the band of God was to give them one heart to do the commandments of the king and of the princes (v. 12). If we are faithful ambassadors of Jehovah, he will bless our efforts, but we must expect to be laughed at and to be mocked. This, however, does not delay the wrath of Jehovah, the escaping from which there is remedy. The wise accepted and humbled themselves; the fools fell by the wayside.

WAS OVERRULED BY HIS SON

Sir Edward Carson Tells How the Young Man Got Into the British Navy.

Sir Edward Carson introduced a personal note into a speech which he made the other day when he was the guest of the British Empire Producers' organization, at the Savoy hotel, says the London Chronicle. "I remember," said Sir Edward, "when a little son of mine came to me and said 'Father, I want to join the navy class at school.' I said, 'What rubbish! You are going to be a lawyer.' He told me plainly that I was wrong, and I explained to him how much better it would be to make money in the Temple than lose it at sea. He said, 'You don't seem to recognize the importance of the navy; it is the great connecting link between the mother country and the colonies.'" "I replied, 'Well, if you put it on that high plane, I must alter my views.' He is now commanding a submarine, and only yesterday, in my capacity of first lord of the admiralty, I had to read an account of an attempt of one of our destroyers to sink his submarine."

Too Much for Him. "Conscription has, maybe, saved the country," growled the strapping young soldier, "but what I object to is the company it drives a man into. I am a practical plumber by trade, an honest workman, yet I'm compelled to suffer the society of such professionals as a lawyer, a minister, and an auctioneer."

"No! a bad selection, Jock," remarked his friend. "Oh, maybe no' in a way; but when the minister and the lawyer start an argument on Egyptian law in the middle of the night across half a dozen beds, with the blessed auctioneer as umpire, what chance has even a practical plumber of stoppin' the gas leak?"

Fitting Fate. "The fellow you shot accidentally is a birdman." "And I winged him."

Success never comes to a man who is afraid to risk failure.

Twenty-Five Years' Experience With Kidney Remedy

Between twenty-five and thirty years ago I commenced selling Dr. Kimmel's Swamp-Root and during all that time I have never heard a single complaint from my customers; they are more inclined to praise it; and judging from their favorable remarks and the repeated sales I enjoy I am confident that Swamp-Root is a valuable medicine for the troubles for which it is intended.

Very truly yours, OTTO H. G. LIPPERT, Pharmacist, 1601 Freeman, Cor. Liberty Sts., Sept. 19, 1916, Cincinnati, Ohio.

Colonel Corki was, as colonels go, not a bad old stick to have about a regiment, says London Identities. Recently he had three men of his company in to help him remove the grand piano, and, as this gift of Aunt Eliza's was of hefty build, he signed a blank order that the men might obtain beer from the canteen; leaving the amount thereof for the warriors to fill in themselves.

Here was a dispute. "Put down six pints," suggested Private Dumps. "More like a barrel!" growled one of the others. But at last the sergeant came along with the right idea. He filled the paper up thusly: "Please fill these men with beer."

Whenever You Need a General Tonic Take Groves' The Old Standard Groves' Tactelom chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

It used to be roses were born to blush unseen—But these days even they have a press agent.

Save the Babies

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent., or nearly one-quarter, die before they reach one year; thirty-seven per cent., or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save many of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium or morphine. They are, in considerable quantities, deadly poisons. In any quantity, they stupify, retard circulation and lead to congestion, sickness, death. There can be no danger in the use of Castoria if it bears the signature of Chas. H. Fletcher as it contains no opiates or narcotics of any kind.

Genuine Castoria always bears the signature of Chas. H. Fletcher.

Raise High Priced Wheat on Fertile Canadian Soil

Canada extends to you a hearty invitation to settle on her FREE Homestead lands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta. This year wheat is higher but Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help feed the world by tilling some of her fertile soil—land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think of the money you can make with wheat around \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming in Western Canada is as profitable an industry as grain growing.

The Government this year is asking farmers to put increased acreage into grain. There is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is healthful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

J. P. JAFFRAY, Cor. Walnut & Broad Sts., Philadelphia, Pa. Canadian Government Agent

Hay on Ability. Capt. Ian Hay, the English soldier and lecturer, was praising in New York the promptness and energy with which America has attacked the submarine danger.

"In your country," he said, "ability will out." He frowned and added: "In the old country ability will out, too—at the elbows."

FRECKLES

Now is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of feeling ashamed of your freckles, as the prescription outline—double strength—is guaranteed to remove these homely spots. Simply get an ounce of outline—double strength—from your druggist, and apply a little of it night and morning, 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 completely clear the skin and gain a beautiful clear complexion.

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

Stock Selling Bonus. "John, dear, I want one hundred and twenty-five dollars to invest in stock." "Stock in what?"

"In the Mile, Marie Millinery company. They give the most adorable hat with every share of stock."—Life.

Wright's Indian Vegetable Pills contain nothing but vegetable ingredients which act gently as a tonic and purgative by stimulation and not by irritation. Adv.

Always. "What does your electricity cost you?" "Oh, I pay current prices."—Boston Transcript. Sore Gravelled Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murias Eye Remedy. No Smarting, Just Eye Comfort. At Druggists or by mail 50c per Bottle. Murias Eye Salve in Tubes 25c. For Book of the Eye SEE ask Murias Eye Remedy Co., Chicago.

Every Woman Wants Pistine

ANTISEPTIC POWDER FOR PERSONAL HYGIENE. Dissolved in water for douches, drops, 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. Has extraordinary cleaning and germicidal power. Sample Free. 50c. All druggists, or mailed by mail. The Platan Toilet Company, Boston, Mass.

Kill All Flies! THEY SPREAD DISEASE

Flies spread disease. Kill them with this. Kills all flies, mosquitoes, and other insects. Sample Free. 50c. All druggists, or mailed by mail. The Platan Toilet Company, Boston, Mass.

LABORERS—White and Colored Steady Work—Good Wages

Excellent opportunity for handy men to advance in all trades. Can also use all classes of Mechanics at Good Wages. Apply in person to Bethlehem Steel Co., Sparrow's Point, Md.

FARMS—United States Government

Will loan you money to buy a farm. 60 years to pay. A few hundred dollars starts you. Farms will be just open soon to war government officials. Write for literature as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

LADIES! If your health is not good, our Pills will help you. Write for literature as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

W. N. U., BALTIMORE, NO. 27-1917.