

WOMAN COULD HARDLY STAND

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Why will women not try their money for treatment and receive no benefit, when so many have proved that Lydia E. Pinkham's Vegetable Compound will make them well?

For over a year I suffered so from female weakness I could hardly stand and was afraid to go on the street alone. Doctors said medicines would help me, but Lydia E. Pinkham's Vegetable Compound has proved it otherwise. I am now perfectly well.

The enthusiast who dives to the bottom of pleasure brings up more gravel than pearls.

Deafening Applause. "Well," returned Jefferson Hamlet, "I ought to mention the fact that I am slightly deaf—the result of much applause, you know."

Whenever You Need a General Tonic Take Grove's. The Old Standard Grove's 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 Bile, Enriches the Blood and Builds the Whole System. 60 cents.

Money Lender Pitied Poor. When Shylock in Manchuria Gave an Annual Sum for Relief Work to Relieve His Conscience.

A wealthy Chinese money lender in Manchuria was recently convicted of making false declaration regarding earnings of his caravans by Mongolian tribes. His conscience troubled him so much an extent that he offered to contribute an annual sum of \$750 for relief of the poor, East and West.

Manchuria is terribly poor, despite mineral and agricultural riches expected from its soil and rocks, all of which products are shipped abroad. There are probably thousands of industrious natives unable, by unremitting toil to earn more than a meager living.

God Won't Mind. Location—Non-stem-heated residence in city on shore of fog-haunted lake. Outside dense fog rolling in from the ocean; wind howling.

Time—Midsummer evening. Case—Little Jackie, five years old, put to bed by sister several years ago. Youngster in his nightgown, shivering.

After Alice (considerately)—Jackie, can't kneel in bed and I will cover my shoulders with the blankets while you pray.

Jackie promptly springs into bed, feeling quite comfortable, lying in supposition, he turns his head slightly toward his sister, with whisper: "Alice, do you think this is heaven?"—Los Angeles Times.

Lost in the Shuffle. "I was just wondering," said the man, "what was the name of the woman who had become of the notion I had last April that I would spend my vacation this summer with some farmer to hoe."

INSTANT POSTUM

is coffee's successor in the family. It makes for better health and more comfort. Preferred by thousands. Here's a Reason.

STORE FRUIT JUICES

How to Prepare for the Future Comfort of the Family.

ALL FRUITS CAN BE UTILIZED

Grape Juice—Sirup Made From Windfall Apples and Apple Cider—Here is a Fine Flavoring Sirup.

(From the United States Department of Agriculture.)

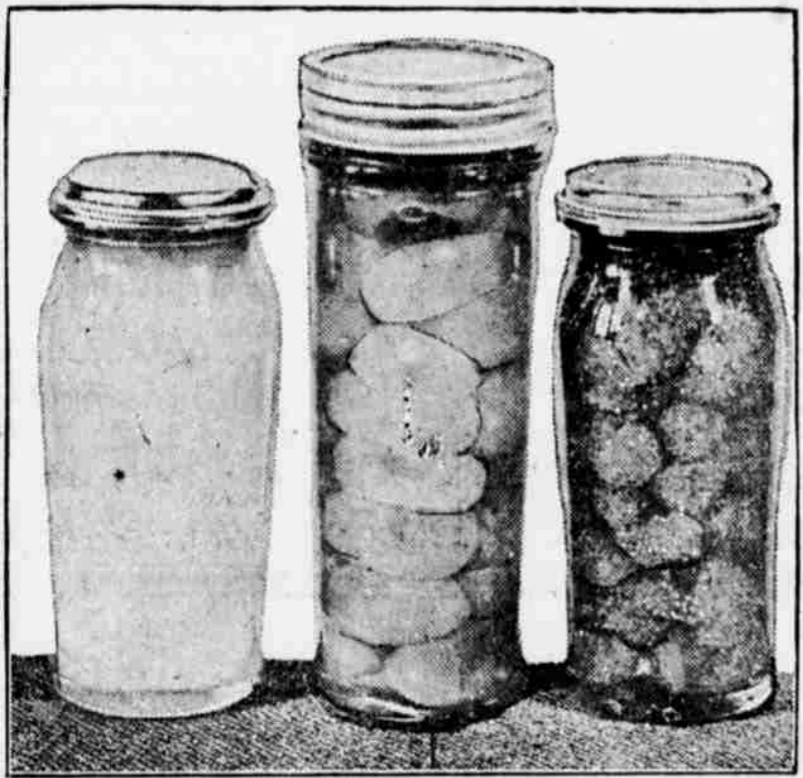
Various fruit juices may be prepared in the home and bottled for future use. Practically any fruit may be used in the first recipe following.

Sterilized Fruit Juices.—The fruit juice may be pressed out of fruit by means of a cider press, special fruit press, or other improvised presses; then heated in an acid-proof kettle up to 110 degrees Fahrenheit. The fruit juice may then be poured into ordinary hot jars, hot bottles, or tin cans, and handled by the same directions as for canning of fruit itself.

Make a cotton stopper and press into the neck of the bottle and leave during the sterilization period. Set bottles in boiling hot water up to the neck of the bottle, sterilizing the fruit juice for 30 minutes at a simmering temperature (165 degrees Fahrenheit). Remove the product, press cork in top over cotton stopper immediately. If the cork fits well, no paraffin need be used. If a poor cork, it may be necessary to dip the cork in melted solution of wax or paraffin.

Grape Juice by Two-Day Method.—For home use there are a large number of varieties of grapes which will make a pleasant and healthful drink. No matter what the kind of grape,

JAMS, FRUIT BUTTERS, MARMALADES, ETC.



A Luscious Trio—Yellow Tomato, Kumquat and Strawberry Preserves.

(Prepared by the United States Department of Agriculture.)

Jams are made of small fruits which are not whole or firm enough to use for preserves. No attempt is made to retain the original shape of the fruit, the finished product having a uniform consistency. Marmalades have a more jellylike texture and thin slices of the fruit appear suspended throughout the mixture. In fruit butters and pastes frequently less sugar is used than in jams and the product is more concentrated. Conserves may be made of large or small fruits, cooked in the same manner as jams. Sometimes nuts are added.

In stirring jams use a wooden spoon or paddle, moving it across the center of the vessel first one way and then the opposite, and next around the pan, gently moving the mixture from the bottom of the pan, being careful not to stir rapidly or beat. Cook the jam to 105 degrees Centigrade or 221 degrees Fahrenheit, if a thermometer is used.

If a cooking or chemical thermometer is available more accurate results can be obtained by its use. The proper condition of the cooked fruit can be determined approximately, however, without the use of such instruments. For determining when they are finished most jams may be given the same test as finished jelly; that is, when a little is held a moment and cooled in a spoon, it will not pour from the side of the spoon, but will fall in a sheet or flake. This is not true of jams made of peaches, cherries, strawberries, and other fruits not containing pectin, the jellying principle. When using such fruits, cook until the jam is of the desired consistency.

Well-glazed hermetically sealed stoneware jars with capacity of eight ounces and up, are suitable and attractive containers for packing jams, marmalades, etc. Large-necked bottles, glasses, etc., also may be used and sealed with cork, paraffin, etc. Jams and marmalades may be packed hot in sterilized jars, glasses or large-necked bottles, and sealed immediately. When packing for market,

Light-Colored Juice.—After the juice is pressed out the subsequent procedure depends upon whether a white or a red product is desired. For a light-colored juice, the crushed grapes are put in a cloth sack and twisted until the greater part of the juice is extracted, one person holding each end of the sack. The juice is then put in some convenient form of double boiler in which it does not come into direct contact with the fire, but is surrounded by hot water, and gradually heated to a temperature

however, only clean, sound fruit should be used and it should be well ripened, but not overripe. The grapes should first be crushed and pressed in an ordinary cider mill or by hand if no mill is available.

Red Juice.—For red juice, the crushed grapes are heated to about 200 degrees Fahrenheit before the juice is separated from the pulp and then strained through a clean cloth or drip bag without pressure. Thereafter, the process is the same as for light-colored juice.

Grape Juice should be stored away in bottles or jars that are not too large, for after these have been opened the juice is likely to spoil. If properly made, however, the juice should keep indefinitely as long as it is kept in sealed bottles.

Sirup Made From Windfall Apples and Apple Cider.—Add five ounces of powdered calcium carbonate (obtained at any drug store) to seven gallons of apple cider. Powdered calcium carbonate (carbonate of lime) or, to give it its common name, precipitated chalk, is low-priced and harmless. Boil the mixture in a kettle or vat vigorously for five minutes. Pour the liquid into vessels, preferably glass jars or pitchers; allow to stand six or eight hours, or until perfectly clear. Pour the clear liquid into a preserving kettle. Do not allow sediment at bottom to enter. Add to the clear liquid one level teaspoonful of lime carbonate and stir thoroughly. The process is completed by boiling down rapidly to a clear liquid. Use density gauge or candy thermometer and bring the temperature up to 220 degrees Fahrenheit. If a thermometer is not available, boil until bulk is reduced to one-seventh of the original volume. To determine whether the sirup is cooked enough test as for candy—by pouring a little into cold water. If boiled enough it should have the consistency of maple sirup. It should not be cooked long enough to harden like candy when tested.

When the test shows that the sirup has been cooked enough, pour it into fruit jars, pitchers, etc., and allow it to cool slowly. Slow cooling is important, as otherwise the suspended matter will not settle properly and the sirup will be cloudy.

The labor supply to harvest this crop exists right in the cities adjacent to the apple orchards in most cases, but the draft and demands of factories and railroads for labor have disturbed the normal supply of workers upon which the farmer usually draws, and it is necessary to recruit new kinds of workers. People who have never regarded themselves as apple pickers may this year be asked to go to the orchards and help get in the crop for patriotic reasons.

The organization work should take the form of an immediate survey of labor resources to see where a picking force is to be recruited. Stores and factories can often release clerks and workmen for this service if notified in time. Families who would like a week or two of vacation in the country with light, healthy outdoor work at satisfactory wages, may also be induced to join the picking army. It has been suggested that the schools might be opened later this year so that boys and girls can be sent to the orchards, but this will not be necessary in all cases. One very good source of pickers can be found among the women's organizations of this country.

Much is heard about the scarcity of labor, but there is not as great a scarcity as most people imagine. Workers upon whom the farmer depends in ordinary times have simply been shifted into other occupations, and war conditions demand that business men step in, locate other classes of workers who can be shifted to the orchards for this emergency and see that the farmer has plenty of help.

The principles of careful fruit picking are very simple, and easily understood. If the farmer can start with two or three experienced pickers and spend a little time explaining good picking methods to his volunteers he should get excellent results, for these volunteers, while new to the work, will also be people of good average intelligence, and the war emergency will appeal to their interest so that they will be more than ready to help harvest the crop skillfully.

Apple growers are advised to get in touch with the business organizations in their nearest town, ask that help be given in securing pickers and report the number of pickers needed by themselves. One of the greatest difficulties in organizing harvest hands for any crop is that of gathering accurate information as to how many helpers are needed on each farm and in each township. For lack of such information it very often happens that one township will be handicapped because it is without sufficient helpers and a township twenty-five or thirty miles away will have a surplus of workers.

By ascertaining in advance just how many workers will be needed in each locality, business organizations will be able to recruit a sufficient force and there will be neither scarcity nor surplus in any section.

This year's apple crop calls for special methods of handling. The size of the crop makes it necessary to send only the first-class fruit to market and to see that all seconds and culls are sold in bulk around home or worked up into by-products. There must be great care to see that apples are not exposed to the heat or outdoors after picking, but are properly housed in temporary storage places on the farm and carefully cooled. The scarcity of pickers will probably make it necessary to pick and house the crop first and graze and pack it afterwards. Full directions for handling the fruit will be published later.

The great big task immediately ahead is that of securing a picking force, and in this work the business man and the farmer are co-operating to an extent never known before. This is a war crop. It will be harvested with a war organization.

A Call Misinterpreted. "But I thought you said your friends demanded that you run for congress?" "That's what I thought," replied the defeated candidate, "but I've since concluded that it was my enemies who were looking for an easy man to snow under."

Aptly Compared. Jimmy—G'wan! Ast your father for a dime. You can get it off a him like takin' candy from a baby. Bobby—Sure! He'll put up the same kind of a rear the baby'd make.

HARVEST WAR CROP OF APPLES SHORTLY

It Will Equal Two Bushels for Every Man, Woman and Child in the Land.

STAPLE FOODS TO ALLIES

Motto This Year Is "Eat an Apple and Send a Biscuit"—Unusual Need For Handling Crop—May Be Short of Help.

The United States is about to harvest its great war crop of apples. It equals two bushels to every man, woman and child in the country. In order to send as much staple food as possible to our fighting allies, Americans are urged to use as many apples as possible. The motto this year is: "Eat an apple and send a biscuit."

War conditions also confront the apple growers, for there is a scarcity of pickers, and careful preparations must now be made to see that this crop is all safely harvested and put into storage. Now is the time to begin organizing picking crews in every apple growing section. A survey of the situation shows that the farmer will need co-operation from business men in the towns and cities round about at which he trades, and which have just as great an interest in this crop as the farmer himself. This is emergency organization work to be taken up immediately by chambers of commerce, boards of trade, state and county councils of defense, and business men generally.

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Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

MOTHERS' DEMANDS.

There come to us very frequently most pathetic appeals from mothers and other interested parties, telling of the shocking conditions around certain military camps where drink and licentiousness—two evils—hold daily and nightly revels, and asking "if something cannot be done about it," says Mrs. Margaret Dye Ellis, National W. C. T. U. superintendent of legislative work, writing from Washington, D. C. As one mother expressed it, "I would rather a thousand times that my son went to the bottom of the ocean unwarmed, but clean and pure, than to have him back home polluted and tainted from drink and sensuality." Much is being done by the authorities, military and legislative, in response to appeals from mothers of the country. "That the saloon and brothel shall be done away with in military centers is a foregone conclusion," says Mrs. Ellis. "The United States government heard and answered the appeal of the W. C. T. U. for the unprotected girls in the Philippines and placed its ban on segregation in these far-away islands years ago and we know and believe that the insistent appeal to the president and members of congress by mothers and friends of the soldier boy will cause the complete overthrow of these duffer temptations from their midst."

AUTHORITATIVE TESTIMONY.

Mayor Speer of Denver, speaking to 300 leading citizens of that city at a luncheon, referred to the fact that when the prohibition issue was before the people in 1914 he voted wet, and said that were it to come up again he would vote dry. One result of prohibition has been the lowering of the tax rate. "There had been a deficit at the close of the city's business for a number of years," said the mayor. "I am glad to report that at the close of 1916 we had a cash surplus of \$135,000, and in addition thereto paid special improvement taxes on parks, firehouses, courthouses, city hall and bathhouse, to the amount of \$112,000. We also remedied acoustic defects and decorated the Auditorium."

"For 1917, city taxes were lowered 13 per cent—over \$480,000 less money will be collected as city taxes this year than during the previous year. The success of no city depends upon the sale of liquor, and Denver today is better off than it was when saloons were running."

OUT FOR PROHIBITION.

Quit your ease, forget your sorrow, Give today and save tomorrow. Come out, come out, come out for prohibition! Waste no more of wheat and barley, Down with compromise and parley, Come out, come out, come out for prohibition!

Chorus: We're out for prohibition! Hurrah! Hurrah! We're out for prohibition! Yes, we're out for prohibition! Hurrah! Hurrah! We're out for prohibition!

The rally song, of which the above is the first verse, was written by a white-ribboner of Maine. It is sung to the stirring tune of "Dixie." For many years the W. C. T. U. sang it as a solo; today it has become a swelling national and international chorus.

BRANDED BY THE BREWERS.

The fools, fanatics and political swashbucklers of the prohibition outfit who would persist in carrying out their destructive aims under present circumstances must be branded as enemies of this nation.—The Brewers' Journal.

Who are these fools and fanatics? asks an anti-liquor paper. They are, it answers, the churches, the educators, leading political economists, food experts, farmers, cabinet members, United States senators and congressmen, governors of states, social service organizations, 90 per cent of the white newspaper, nearly all of the women of the country—in fact, everybody except those who profit financially from the liquor traffic. "Some job," says the prohibition paper, "for the editor of the Brewers' Journal to brand all these."

WHY THE SALOON?

"The saloon exists not because man, by nature, must drink, but because by proper incentives he can be made to drink, and there is money in selling it to him."

FAR BETTER.

It is better for a youth to be tied to his mother's apron-strings than to be loose in a car, or cabaret.

CONVENTIONS CHOOSE DRY CITY.

It was predicted by the wets that Springfield, the dry capital of Illinois, would lose its popularity as a convention city. The prediction is proving false. Indeed, worth while conventions are steering clear of dripping-wet Peoria and going to dry Springfield in order to escape any reflections upon the character of their membership.

EFFICIENCY.

Abstinence is necessary for the highest efficiency.—Admiral Sir John Jellicoe.

UNFITNESS OF YOUNG MANHOOD.

A United States recruiting officer in Chicago is authority for the statement that only one in four of the volunteers who are responding to the call of President Wilson are physically fit for service in the army, while a government staff physician is quoted as saying that 67 per cent of those thus rejected are unfit because of alcohol.

WANT NATION DRY, TOO.

The West Virginia coal men have petitioned for national prohibition.

Imitating the Prodigal.

A young wife remonstrated with her husband, a dissipated spendthrift. "Love," said he, "I am like the prodigal son: I shall reform by and by."

"I will be like the prodigal son, too," she replied, "for I shall arise and go to my father."

Worth While Knowing.

During the peach season children are often in danger of swallowing the peach stones and choking on them. An old remedy tried by our mothers and grandmothers is to pour into the child's mouth the unbeaten white of an egg and the stone will slide down with it.

Off Morally.

An old Scottish woman wished to sell a hen to a neighbor. "Please tell me," the neighbor said, "is she a'togither a guid bird? Has she me fauts, me fauts at all?" "Aweel, Margot," the other old woman admitted, "she has got one faut. She will lay on the Lord's day."—Boston Evening Transcript.

TRY A MEDICINE THAT PROVES ITS VALUE

During the entire period of time that I have been handling Dr. Kilmer's Swamp-Root I have never heard a single complaint. My customers are generally pleased with results obtained and speak words of praise for the merits of the preparation.

Very truly yours, GILL COMANSKY, Druggist, Per Julian J. Gill, Sept. 29, 1916. Starkville, Miss.

Letter to Dr. Kilmer & Co., Binghamton, N. Y.

Prove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

Never argue with a man who talks loud. You couldn't convince him in a thousand years.

Honest Advertising

THIS is a topic we all hear now-a-days because so many people are inclined to exaggerate. Yet has any physician told you that we claimed unreasonable remedial properties for Fletcher's Castoria? Just ask them. We won't answer it ourselves, we know what the answer will be.

That it has all the virtues to-day that was claimed for it in its early days is to be found in its increased use, the recommendation by prominent physicians, and our assurance that its standard will be maintained.

Imitations are to be found in some stores and only because of the Castoria that Mr. Fletcher created. But it is not the genuine Castoria that Mr. Fletcher honestly advertised. Honestly placed before the public, and from which he honestly expects to receive his reward.

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 raising 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. JEFFRAY, Cor. Walnut & Broad Sts., Philadelphia, Pa. Canadian Government Agent

METROPOLIS OF THE WILDS

Spokane, City of a Hundred and Fifty Thousand People, Has Good Trout Fishing Within Limits.

A city of a hundred and fifty thousand people that has good trout fishing within its city limits and Indians living in their tepees a mile and a half away is something that you cannot grasp unless you know the West. And even if you do, Spokane would strike you as something of a surprise. It looks as though it had been built yesterday in what was a virgin wilderness the day before—and yet made complete with street cars and electric lights and everything that you could find in a New England town, except, perhaps, the cultured atmosphere.

The Spokaneites do not miss the cultured atmosphere. If you asked about it they would probably tell you that they prefer the smell of the pines. For they are an outdoors-living crew. A citizen of Spokane may attend a board of directors' meeting in the heart of the city at 10 a. m. and at 4 p. m. he may be hunting bear. The mountains crowd right down upon the city and there are fifty lakes within a radius of a hundred miles.

Spokane, like Rome, was not built in a day, but it was set up at a rate that makes all of those old saws about how long it takes to do things look hollow and meaningless. It was only in 1858 that the Indians got their first decisive defeat in this region and the first locomotive arrived in 1881. By 1890 they had something of a town started, but it was wiped out by fire that year.

The real growth began when the river was turned into electric power—170,000 horse. From this giant dynamo electricity reaches out through the canyons to hundreds of mines, driving the power trains into the bowels of the mountains, bringing wealth to the city, which sits like a spider at the center of its mighty web or current.

A GUARANTEED REMEDY FOR HAY FEVER—ASTHMA

YOUR MONEY WILL BE REFUNDED by your druggist without any question if this remedy does not bring you relief from Hay Fever, Asthma and the Asthmatic symptoms accompanying Hay Fever. No matter how violent the attack or how chronic the case.

DR. R. SCHIFFMANN'S ASTHMADOR AND ASTHMADOR CIGARETTES positively give INSTANT RELIEF in every case and has permanently cured thousands who had been considered incurable. After having tried every other remedy of relief in vain, Asthmador should be the first medicine to try. Asthmador is a guaranteed relief through the power of its ingredients. Buy a 5-cent package and present this announcement to your druggist. You will be the sole judge as to whether you are benefited and the druggist will give you back your money if you are not. We do not know of any faster proposition which we could make.

Every Woman Wants PASTINE ANTISEPTIC POWDER FOR PERSONAL HYGIENE Dissolved in water for douches stops 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, safe and sure. Sample Free, 50c. all druggists, or postpaid by mail. The Pastine Toilet Company, Boston, Mass.

OUR GROCER TOLD ME After folks taste Post Toasties they don't like common corn flakes. W. N. U., BALTIMORE, NO. 33-1917.