PAINS SHARP AND STABBING

Woman Thought She Would Die. Cured by Lydia E. Pinkham's Vegetable Compound.

Ogdensburg, Wis.—"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought great relief and six bottles have entirely cured me. All women who have female trouble of any kind should try Lydia E. Pinkham's Vegetable Compound."—Mrs. ETTA DORION, Ogdensburg, Wis.

Physicians undoubtedly did their best, but with this case steadily and could do no more, but often the most scientific treatment is surpassed by the medicinal properties of the good old fashioned roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

If any complication exists it pays to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free advice.

In 1917.

The other day a farmer boy with a load of hay pulled up before a crowd here in Indianapolis.

"Where is the nearest blacksmith?" he asked.

Not a single man could tell him what he wished to know.

Then a dusty touring party from somewhere in America pulled up.

"Garage——?" the driver started to query.

"Half a block down," answered half a dozen of the crowd in a chorus.—Indianapolis News.

NEVER HAD A CHILL After Taking ELIXIR BABEK

My little daughter, 10 years old, suffered for a year with chills and fever, most of the time under the doctor's care. I was discouraged and a friend advised me to try Elixir Babek. I gave it to her and she has never had a chill since. It completely cured her." Mrs. A. Delma, 802 E St., N. E., Washington, D. C. Elixir Babek 50 cents, all druggists or by Parcel Post prepaid from Kloczewski & Co., Washington, D. C.

...SHED ALL SPEED LIMITS

Cal Sized Up the Situation, That "Gyah" Certainly Must Have Been Traveling Some.

C. Frick said in Birmingham, when he had come to attend a liberty meeting:

"The crack troops of the kaiser—call them cracked troops now—living in caverns forty feet under ground. The man who now thinks militarism a wonderful thing should be doped as Cal Clay of Nola was.

"I was escorting some ladies from Cherokee to Paint Rock, and as we passed a planter's the planter was shot with a powerful searchlight he had just put on his water tower. It happened to turn it down the road where it streamed into the eyes of me and his two girls.

"'Yo' come one o' dem powerful searchlights, to judge by dat 'ere headlight,' said Col. 'We'll jest hustle to the top of de road fo' safety till she's passed.'

"We hustled up against the bank and the planter, after playing his light along the road for about a mile, suddenly turned it off.

"I gave a grunt of astonishment. 'Jerusalem!' he said. 'How fast the master been a-goin'! Here we have parst us by, an' we didn't see her!'"

His Chief Desire.

Gen. Pershing told in Paris a story of a young American soldier. "He had a lot on the voyage over," the general, "of the delight he would have in sightseeing when on leave.

"'I miss Notre Dame cathedral,' said a French volunteer.

"'Not I, I won't!' said he.

"'I miss Westminster abbey in London,' said a Scot.

"'Leave! But, say, fellows,' the soldier declared, 'the thing I'm most of all to see is the Church of England.'"

No Doubt.

Smith's wife has lockjaw.

It must be a very painful affliction.

Yes; unspeakably so.

...ffee Drinkers who are ...UN DOWN ...ICK UP after they change to the ...ous, pure food- ...OSTUM ...re's a Reason"

DRAMATIST GIVES SOME GOOD ADVICE TO HIS SOLDIER-SON

Some Suggestions That May Prove of Great Value to the New Soldier.

HOW TO REST BY RELAXATION

Wonderful Currents, Curative, Restoring and Replenishing Flow Into the Submissive Body During Moments of Relaxation.

BY AUGUSTUS THOMAS, of the Vigilantes.

New York.—This is a genuine letter, a "document," written by the distinguished dramatist to his son about to go to France. Mr. Thomas when writing had no thought of its publication. He is an enthusiastic Vigilante; others of the organization happened to see the letter and persuaded him to let it be published.

My Dear Son:

I was interested in the report of the boys in their hike under the full packs, and their readiness to fall asleep when chance came at the end of the day. That "dog-tired" fatigue is the kind that brings the most complete relaxation and the fullest recuperation. We learn late in life—some of us—that the secret of recuperation, and therefore the secret of power, not only physical power, but also power mental and spiritual, is the ability to relax.

You are probably going to France, and if so will often have great need of the quickest replenishment of your expended strength. Perhaps you will remember more definitely some suggestions about relaxing if I give you the basic reasons for them.

I used to amuse you when you were a little fellow by "hypnotizing mosquitos." You will recall that a mosquito that would fly from my hand or face when you tried to catch him would sit still for me until I slowly picked him up. The trick in that was my waiting until I felt his sting, and then taking a deep breath, and "pushing on it" or tensing up. That tension automatically closed all the pores of the skin, and the mosquito who had put his bill into one of these pores found it gripped and held there as a bear's foot might be held in a spring trap.

That closing of the pores under tension is one of nature's means of protection. A man suddenly plunged into water instinctively inhales and automatically closes his pores. He does the same thing if startled by danger or attacked by any emotional shock. He does it also when making any considerable effort.

Strength From Without.

It is only with age and some humility that we come to realize how much of our so-called strength comes from outside of us, actually flows into us and through us on what, if the phrase won't frighten you, I might call the "cosmic currents."

There is a little scientific instrument called the biometre that registers, and to some extent measures, this strength-giving current. I hope it won't bore you if I tell you of it briefly.

The biometre is a small glass bell or dome, inside of which there is a copper needle suspended by a silk thread. The bell rests on a board under which is a coil of copper wire. The needle swings free, not quite touching the supporting base. When a man approaches the biometre with his left hand the needle is drawn toward him slightly but perceptibly. When he approaches the bell with his right hand, the needle swings away from him more perceptibly than it swung toward him in the first experiment.

If two biometres are used, one for each hand, the needle in the left one is drawn toward the man, and that in the right one is repelled. That would seem to indicate that a current was flowing into us and through us from left to right.

Furthermore it is possible to produce this interesting phenomenon: If the man tries to affect the current by a tensed effort, the right needle moves further from him than before, but the left one ceases to be attracted and hangs plumb. This would seem to indicate that his effort expended the energy which the right-hand needle registered, and at the same time the effort closed the body to any intake of the supply.

It's worth thinking about.

To Relax Is an Art.

Sometime in the early nineties I saw Kid McCoy knock out a fighter named Billy Stift. Between the rounds Stift took the usual rubbing and fanning by his seconds, but McCoy occasionally substituted a system of deep breathing and relaxation as he stood by the ropes. I believe he was the first fighter to spar with open palms, closing his fists only as he struck. I recall some interviews in which he was quoted as saying that he conserved his strength by that manner, being relaxed when sparring and tensing up only for a blow. The fact was that strength flowed into him in those moments of relaxing as it flows into all of us. The big cats are instructive in that respect. It's wonderful to watch their complete relaxation in most attitudes. Children, too, have the quality.

Great peace is with us only when we are completely relaxed, and "let go" as it were.

To relax is somewhat of an art. It can't be fully done without a deep breath first, and then the "let go." One can't relax from "half tension" as it were. Often we think we are relaxed only to find, after hours of waiting when utter exhaustion slumps us, that we have been in some respect holding ourselves away from the bed.

A rehearsal in the theater is a dire thing for tightening one up who is directing it and unconsciously lifting each character. After many years I've come to recognize the condition in time, and often in the dark auditorium, when the actors or scrub women can't see me, I lie supine on the carpet in an aisle or the foyer, and with arms outstretched for a minute relax all over. It isn't so simple as it sounds. Even after the deep breath one has to think down to the very finger tips and toes, and by mental command dismiss the accumulated tension. Then last of all, the muscles of the face—to let them fall with half-closed eyelids and the lips slipping away from the teeth as they do on dead men. It's quite astonishing what a refreshing indulgence even a half minute of such relaxing is. As I've said, it's an art to do it, and very useful when you get it.

Practiced by Japs.

The Japs are past masters at it. They were taught it and practiced it conscientiously in the Japo-Russian war. After lying supine for a minute, each Jap soldier would be taken by the head by a comrade, and firmly pulled until the packed vertebrae of his spine were drawn apart and released from the day's pressure on them. Recalling your physiology lectures, you will remember that each spine bone has its two wings or flanges, each pierced by a small hole about the diameter of a lead pencil. Through those holes the great trunk nerves travel with the smaller nerves branching from them. A few hours' march, even without gun or pack, sags these vertebrae together as tight as their cartilege cushions will permit. Lying down helps greatly to remove this pressure, but the Japanese slow pull on the head does it at once. A man can do it somewhat for himself by lifting his shoulders as he lies on his back and "hunching" them along as if trying to get them as far as possible from his belt. When I'm on my back for my two minutes' rest cure, I take two or three such hunches at intervals, trying to hold my gain each time by an anchorage of the shoulder blades against the carpet. Generally I can hear the vertebrae as they slip from their packed contact to an easier adjustment, especially if in my hunching I have lifted my head so that some pull is put on the spinal column. Sixty seconds of such rest is worth an hour in a chair. Richard Harding Davis told me, or maybe it was Irvin Cobb, "I heard tell of the German soldiers utilizing even a few minutes' halt to throw themselves on the ground flat and extended."

I wish you'd try it, especially over there when they send you and I fancy it will help if you really believe and know, as you yield yourself to the ground, that it is somewhat more than rest—know that into your submissive body the divine and wonderful currents are flowing, curative, restorative and replenishing.

It's really the "Big Medicine."

Affectionately,
FATHER.

REAL SOLDIERS TO LEAD NEW ARMY

Men Appointed to High Command Have Proven Ability in Service.

PICKED FOR THEIR RECORDS

Most of the 200 Major Generals and Brigadier Generals Recently Appointed Were Cadets Together at West Point.

By EDWARD B. CLARK.

Washington.—If there should be a mobilization of the 200 major generals and brigadier generals appointed to commands in the new selective service army, the affair would be a reunion of men most of whom were cadets together at the West Point Military academy.

This means that there is hardly a new major general in the list who does not know the methods and the manners of service of every brigadier general who will serve under him and it may be said also that there is barely a brigadier general who does not know all about the record, the penalty and the idiosyncrasies of the major general who, as a division commander, will give him orders.

Some of these men who have been appointed to high rank in the new army are within one, two or three years of the retirement age. It may be that out of their ranks will come a Joffre, a Haig, or a Petain, but as many in Washington look at it, it seems likely perhaps that the greatest American soldiers of this war are more likely to be produced from the ranks of the younger men, although military experts admit that in recent wars many elders of the services have made everlastingly good.

Selected on Their Records.

The 37 major generals of the new National army nominated by the president were all selected on the basis of their records of service. On going through this list I find that out of the 37, 22 were cadets at the United States Military academy at the time that I attended that institution. Some of them I knew well when I was a cadet. Others I did not know well because they were upper classmen when I was a junior classman, but with the plebe and the yearling's interest in the older fellows I learned a lot about them while they hardly knew that I was in existence. This is the way of things at the military academy.

Seven of the new major generals were my classmates and it ought to go without saying that these men I know well, but at present I shall write nothing of them except to say that every one of them has a good military record. It happens, however, that with some of the upper classmen of that day I have had more or less intimate acquaintance in recent years and in some cases strong friendships have developed.

Frederick S. Strong is one of the new major generals. Strong, I think, will look after the men lucky enough to be in his division as a father looks after his children, but when it comes to a case of fighting he will display the Roman father's fortitude and will lead his children to the front with no thought of sparing them if sacrifice is necessary to win the battle.

Strong's just but kindly disposition led the military academy to put him in charge of the incoming plebe class in the year 1879. Those were the days of hazing and hades at West Point. Strong guarded the peace of the new cadets. Made major generals with him are half a dozen men who received their first soldier instruction as plebes at West Point from Frederick S. Strong.

Are Real Leaders.

Maj. Gen. Edwin St. John Greble, who either will lead a National Guard or a new army division to the front, is a son of the first officer of the regular army to be killed in the Civil war. The elder Greble fell at Big Bethel. This newly appointed major general was a godson of the late Gen. O. O. Howard, sometimes known as the "Christian soldier." When Howard went to West Point to become the academy's superintendent, Greble, his godson, was a first classman and the cadet adjutant. Greble cut up some dido or other and Howard promptly reduced him to the ranks.

The relationships of father and son and godfather and godson do not make for leniency in the army when regulations have been violated. Greble's offense would not have amounted to a hill of beans at college, but at West Point it was made to appear a mountain. Major General Greble's record of service is one of the finest that appears in the pages of the Army Register.

It was predicted six weeks ago that Joseph T. Dickman of the Second cavalry, who then was promoted to a brigadier generalship from the rank of colonel, would on the next promotion occasion be made a major general. The prediction hit the mark.

The regiments that go to the front with Dickman can be sure that they are following a soldier. Dickman is a hard-fisted fighter, much more ready to spare his men than to spare himself, but he will spare neither unless the occasion requires sparing. He has fought everywhere that there has been a chance to fight since the year of his graduation.

LEADS "TANGO ESCADRILLE"

Capt. Baron Manfried von Richthofen, commander of Germany's famous "Tango Escadrille," which gave battle to four American flyers who sought to break the noted squadron's air supremacy.

The commander is the youngest captain in the German army. The Germans claim for him the title of "King of the Air," as he is reported to have downed 58 machines. Gunemeyer, the French aviator, is his closest competitor, having brought to earth 50 machines.

The famed "Tango Escadrille" of which he is chief is composed of six airplanes. Recently the escadrille was set upon by a group of four American flyers, Lufbery, Parsons, Willis, and Lowell. After a 45 minute fight the American airmen flew away.

PRESS SEARCH FOR "MISSING"

Red Cross Workers in France Continually Seek Information of Battle Victims.

London.—Of the thousands of British families who have waited in dread anxiety for final news of relatives posted as "missing," few have known how much effort was being made to relieve their fears. The fact that the army contains a large corps of men who spend all their time searching for missing men is not generally known.

These searchers, now an important branch of the Red Cross, are the result of a visit paid to France by Lord Robert Cecil in the early days of the war. He had gone to seek for news of a friend among comrades who had taken part in the engagement that resulted in the friend's name being listed among the missing. It occurred to him then that there were thousands of men and women at home as anxious as he, but unable to make such a personal investigation.

The hospitals are the principal scene of the searchers' work. With a book containing the names of men missing for many months they make the rounds, following up clues and suggestions that may lead to the clearing up of the individual mysteries. The work requires tact and intelligence, and, above all, patience.

A new can opener for restaurants is operated by foot power and cuts the entire top of the can away when a pedal is pressed.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)
(Copyright, 1917, Western Newspaper Union.)

LESSON FOR SEPTEMBER 16

THE FIERY FURNACE.

LESSON TEXT—Daniel 3.

GOLDEN TEXT—When thou walkest through the fire, thou shalt not be burned; neither shalt the flame kindle upon thee.—Isaiah 43:2.

I. **The Occasion** (vv. 1-7). The fact that God said to Nebuchadnezzar, "Thou art this head of gold" (2:38) was too much for him. Though he appeared to have been deeply impressed with Daniel's God, his pride got the better of him. As he grew great and became conscious of it, he grew proud. This moved him to set up a colossal idol of gold in the Plain of Dura to be worshiped by all the people of his realm. It was an attempt at self-deification. It combined with it a political move, the object of which was to weld together the various kingdoms and peoples into one homogeneous body. He inaugurated a religious festival, and called upon all the people to worship the image which he set up. He backed this demand by civil authority. The penalty for refusal to bow down and worship the image was to be cast into the burning fiery furnace. Imposing images are set up in many places, and men and women are being called upon to bow down and worship them. Some of these images are money, fashion, scholarship, worldly ambition, pleasures, etc., and woe be to those who will not worship before them.

II. **The Behavior of the Hebrews** (vv. 8-18). (1) The accusation by the envious spies (vv. 8-12).

Daniel's three friends had been promoted to positions of honor and responsibility. Certain Chaldeans whose envy had been excited by the promotion of these Hebrews, sought occasion against them. This they found when the Hebrews would not bow down to and worship the image. Envious eyes are always watching God's faithful ones. Had these Chaldeans been faithfully worshiping, they would not have seen the Hebrews.

(2) The king's rage (vv. 13-15).

He calls the Hebrews before him, questions them and gives them another chance. The offense was not serious—they were defying the authority of the one who had honored them in their promotion; it savored of ingratitude. After closely questioning them he gave them another opportunity to consider their position before consigning them to the fire. His supreme mistake was in the challenge he made to the God of the Hebrews. He seems to have forgotten entirely the confession he had made with reference to God (2:47).

(3) The courageous reply of the faithful Hebrews (vv. 16-18).

They replied without passion or fear. The peace of God filled their hearts. Their behavior is an expression of triumphant faith. "We are not careful to answer thee in this matter. If it be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king. But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up." They courageously showed their contempt for death. They were not afraid to die, but were afraid to sin against God. They knew that to bow down before this image was to disobey and dishonor God. While they did not know what God would do, in the premises they knew that he would do the right thing. These Hebrews were far away from home, exposed to the most severe temptation, but they saw their duty clearly set before them. God's law plainly settled it for them. They did not try to find an excuse to evade their duty, and seeing the way clearly they acted accordingly. Their creed was, "Our God whom we serve is able." Therefore they could burn but could not turn. These Jews are a type of the faithful remnant in the Great Tribulation, also of all God's faithful ones, for furnaces are everywhere for them. If it be not the literal fire, it may be ridicule, scorn and contempt.

III. **The Glorious Issue** (vv. 19-30).

(1) The harmless furnace (vv. 19-25).

The infuriated king ordered the heat of the furnace to be intensified, his most mighty men to bind the Hebrews and fling them into the fire. Though the heat was so intense that the soldiers who cast them into the furnace were slain, the Hebrews were seen walking loose in the fire without any hurt. Equally astounding was the fact that a fourth one was seen with them.

(2) The convinced king (vv. 26-28).

The spectacle was so wonderful that the king called the Hebrews together out of the fire. They came forth unharmed, for the fire had no power over their bodies; not even a hair of their heads was singed, their coats changed, nor the smell of fire upon them (v. 27).

(3) The king's decree (v. 29).

This was most foolish and wicked. Even a king has no right to kill people for not worshiping God.

(4) Promotion of the Hebrews (v. 30).

Their fidelity in this trying ordeal resulted in their promotion instead of downfall. May we learn from this that:

(a) God alone is Lord of the conscience. One's faith and worship should be determined by the individual before his God. No church, king or ruler has a right to interfere.

(b) We should meet religious intolerance by being obedient to God rather than man.

(c) God will support those who are faithful. He can easily control natural forces in the interest of his faithful ones.

(d) We should prepare for fiery trials, and through them all be true to our conscience.

Little Faithfulnesses.

There is a duty and a glory in little faithfulnesses. There is a peril and a shame in little sins.—Frederick W. Farrar.

Feed the Fighters! Win the War!!

Harvest the Crops — Save the Yields

On the battle fields of France and Flanders, the United States boys and the Canadian boys are fighting side by side to win for the World the freedom that Prussianism would destroy. While doing this they must be fed and every ounce of muscle that can be requisitioned must go into use to save this year's crop. A short harvest period requires the combined forces of the two countries in team work, such as the soldier boys in France and Flanders are demonstrating.

The Combined Fighters in France and Flanders and the Combined Harvesters in America WILL Bring the Allied Victory Nearer.

A reciprocal arrangement for the use of farm workers has been perfected between the Department of the Interior of Canada and the Departments of Labor and Agriculture of the United States, under which it is proposed to permit the harvesters that are now engaged in the wheat fields of Oklahoma, Kansas, Iowa, North Dakota, South Dakota, Nebraska, Minnesota and Wisconsin to move over into Canada, with the privilege of later returning to the United States, when the crops in the United States have been conserved, and help to save the enormous crops in Canada which by that time will be ready for harvesting.

HELP YOUR CANADIAN NEIGHBOURS WHEN YOUR OWN CROP IS HARVESTED !!!

Canada Wants 40,000 Harvest Hands to Take Care of Its 13,000,000 ACRE WHEAT FIELD.

One cent a mile railway fare from the International boundary line to destination and the same rate returning to the International Boundary.

High Wages, Good Board, Comfortable Lodgings.

An Identification Card issued at the boundary by a Canadian Immigration Officer will guarantee no trouble in returning to the United States.

AS SOON AS YOUR OWN HARVEST IS SAVED, move northward and assist your Canadian neighbour in harvesting his; in this way do your bit in helping "Win the War". For particulars as to routes, identification cards and place where employment may be had, apply to Superintendent of Immigration, Ottawa, Canada, or to

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

Art's Inefficiency.

"A successful marine painter acknowledges that he can't even row a boat."

"Well, well!"

"That's nothing. There's many a sweet singer of the bucolic life who doesn't know how to milk a cow."

A torpid liver prevents proper food assimilation. Tone up your liver with Wright's Indian Vegetable Pills. They act gently. Adv.

Not What She Thought.

Horace—There is something I've been trying to tell you for a long time, but—

Marie—Oh, Horace, not here before all these people. Wait. Come this evening.

Horace—It's merely that you have a streak of dirt down the middle of your nose, but I couldn't for the life of me get a word in till just now."

MOTHER!

Have you ever used MOTHER'S JOY SALVE for Colds, Coughs, Croup and Pneumonia, Asthma, and Head Catarrh? If you haven't get it at once. It will cure you.—Adv.

His Plea.

A negro who was well-known to the judge had been haled into court on a charge of having struck a relative with a brick. After the usual preliminaries, says Everybody's Magazine, the court inquired:

"Why did you hit this man?"

"Jedge, he called me a black rascal."

"Well, you are one, aren't you?"

"Yessah, maybe I is one. But, jedge, s'pose some one should call you a black rascal, wouldn't you hit 'em?"

"But I'm not one, am I?"

"Naw, sah, naw, sah, you ain't one; but s'pose some one'd call you de kind of rascal you is, what'd you do?"

YOU MAY TRY CUTICURA FREE

That's the Rule—Free Samples to Anyone Anywhere.

We have so much confidence in the wonderful soothing and healing properties of Cuticura Ointment for all skin troubles supplemented by hot baths with Cuticura Soap that we are ready to send samples on request. They are ideal for the toilet.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

SMALL BOY HAD NOTICED

That He Knew Man in Khaki as Marine Did Credit to His Powers of Observation.

A group of youngsters was playing on Riverside drive, says the New York Times. A military man, dressed in khaki and accompanied by a young lady, approached the group. The boys stopped their playing and, with nudges and gesticulation, were evidently trying to identify the man in khaki.

As the young lady and her escort drew nearer, one youngster with an air of superior knowledge informed his companions: "He's a United States marine."

Overhearing the remark, the young lady questioned the small boy: "How do you know he is a marine?"

"Why, lady," exclaimed the youngster, "he wears an ornament on his hat showing an eagle, globe and anchor, but doesn't wear any hat cord."

The colored hat cords, yellow, blue and red, help many civilians to recognize at once a cavalryman, an infantryman or artilleryman. However, the United States marine dressed in khaki is still an enigma to many persons who lack the powers of observation displayed by the small boy on Riverside drive.

Humor of Kultur.

"Here's a fruit tree, still standing. Why haven't you cut it down?" thundered the Teuton commander in France.

The young officer saluted stiffly and explained:

"We saved this tree to hang a pair of old peasants on. As it's their tree, we thought the joke too good to miss."

Might Work.

"We are extending too many speeches in the Congressional Record."

"What's the remedy, senator?"

"When a member gets tired let him continue his speech by means of a graphophone."

ON 'WHEATLESS DAYS' Eat POST TOASTIES (Made of Corn) says Bobby

Spoken With Feeling.

"There are all sorts of synonyms for money in this country," said the talkative man. "We call it 'tin,' 'mazuma,' 'kale,' 'dough,' and a dozen other names I don't recall just now."

A solemn-looking man seated in one corner opened his mouth as if to say something and then closed it without a word.

"What is your favorite synonym for money?" asked the talkative person.

"'The unattainable,'" the solemn man replied, and then fell once more into deep thought.—Birmingham Age-Herald.

Getting Old Too Fast?

Late in life the body shows signs of wear and often the kidneys weaken first. The back is lame, bent and achy, and the kidney action distressing. This makes people feel older than they are. Don't wait for dropsy, gravel, hardening of the arteries or Bright's disease. Use a mild kidney stimulant. Try Doan's Kidney Pills. Thousands of elderly folks recommend them.

A Virginia Case

Mrs. R. H. Slater, 2401 Roanoke Ave., Newport News, Va., says: "My back pained so badly, it felt as though sharp knives were piercing me. Often I had to scream with the pain. I could hardly take a deep breath without having sharp twinges across my kidneys. Hearing Doan's Kidney Pills praised so highly, I used some and they relieved the trouble. Whenever I have used them since, they have helped me."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

The Test.

"How shall I know whether or not I love a girl well enough to marry her?"

"Well, my boy, imagine her on a hot, sticky day, bending over a washtub, scrubbing your underclothes as your mother used to do. Picture her, as you enter, stopping her work and wiping the perspiration from her face with the corner of her apron. If you feel that you would still care to kiss her; that she'd still look as good to you as she does in her party togs, go right ahead and marry her. She's the girl."

A New Excuse.

"James, you are a dollar short in your pay this week."

"Yes, my dear. I had to meet the installment on my Liberty bond."

Some clubs cause scolding wives and some scolding wives cause clubs.

A GUARANTEED REMEDY FOR

HAY FEVER--ASTHMA

Your MONEY WILL BE REFUNDED by your druggist without any question if this remedy does not benefit every case of Asthma, Bronchial Asthma and the Asthmatic symptoms accompanying Hay Fever. No matter how violent the attacks or obstinate the case.

DR. R. SCHIFFMANN'S ASTHMADOR

AND ASTHMADOR CIGARETTES

positively gives INSTANT RELIEF in every case and has permanently cured thousands who had been considered incurable, after having tried everything else. Asthmatics should avail themselves of this guarantee offer through their local druggist. Buy a 50-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 fairer proposition which we could make. (2)

R. Schiffmann Co., Proprietors, St. Paul, Minn.

No other toilet soap is as efficient in clearing the complexion of blemishes. The sulphur

Glenn's Sulphur Soap

Purifies

(All Druggists.)

Contains 30% Pure Sulphur.

Hill's Hair & Whisker Dye, Black or Brown, 50c

PARKER'S HAIR BALSAM

A toilet preparation of merit. Helps to eradicate dandruff.

For Restoring Color and Beauty to Gray or Faded Hair. 50c. and $1.00 at Druggists.

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