

HAARLEM OIL CAPSULES IF YOUR BACK ACHES

Do you feel tired and "worn-out"? Are you nervous and irritable? Don't sleep well at night? Have a "dragged" unrested feeling when you get up in the morning? Dizzy spells? Biliousness? Bad taste in the mouth, backache, pain or soreness in the loins, and abdomen? Severe distress when urinating, bloody, cloudy urine or sediment? All these indicate gravel or stones in the bladder, or that the poisonous microbes, which are always in your system, have attacked your kidneys.

You should use GOLD MEDAL Haarlem Oil Capsules immediately. The oil soaks gently into the walls and lining of the kidneys, and the little poisonous animal germs, which are causing the inflammation, are immediately attacked and chased out of your system without inconvenience or pain.

Don't ignore the "little pains and aches," especially backaches. They may be little now but there is no telling how soon a dangerous or fatal disease of which they are the forerunners may show itself. Go after the cause of that backache at once, or you may find yourself in the grip of an incurable disease.

Do not delay a minute. Go to your druggist and insist on his supplying you with a box of GOLD MEDAL Haarlem Oil Capsules. In 24 hours you will feel renewed health and vigor. After you have cured yourself, continue to take one or two Capsules each day so as to keep in first-class condition, and ward off the danger of future attacks. Money refunded if they do not help you. Ask for the original imported GOLD MEDAL brand, and thus be sure of getting the genuine.—Adv.



What The Packers Do For You

Not very many years ago in the history of the world, the man that lived in America had to hunt for his food, or go without.

Now he sits down at a table and decides what he wants to eat; or his wife calls up the market and has it sent home for him. And what he gets is incomparably better.

Everyone of us has some part in the vast human machine, called society, that makes all this convenience possible.

The packer's part is to prepare meat and get it to every part of the country sweet and fresh—to obtain it from the stock raiser, to dress it, cool it, ship it many miles in special refrigerator cars, keep it cool at distributing points, and get it into the consumer's hands—your hands—through retailers, all within about two weeks.

For this service—so perfect and effective that you are scarcely aware that anything is being done for you—you pay the packers an average profit of only a fraction of a cent a pound above actual cost on every pound of meat you eat.

Swift & Company, U. S. A.



SWAMP-ROOT

Is not recommended for everything; but if you have kidney, liver or bladder trouble it may be found just the medicine you need. At drugists in large and medium size bottles. You may receive a sample size bottle of this reliable medicine by Parcel Post, also pamphlet telling about it. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents, also mention this paper.

One Treatment with Cuticura

Clears Dandruff

All drugists. Sample, 10¢. Ointment, 25¢. Sample extra free if enclosed. Dept. E. Boston.

Every Woman Wants Partine

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. This antiseptic cleanses and germicidal powder. Sample Free. 50¢. Drugists, or mailed by mail. The Partine Toilet Company, Boston, Mass.

Barbanell's Perspiration Corrector

Makes walking a pleasure; will positively stop offensive odors from feet and arms just as well as any perspiration. Send 5¢ in stamps to Barbanell, 1701 Knight St., San Francisco, Calif.

New Turkish Attitude.

"Why would you hate to be a German?"

"There are a number of reasons."

"Name one."

"Well, for one thing, I would hate to have a Turk strutting around and regarding himself as considerably less of a barbarian than I was."—Birmingham Age-Herald.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

Pretty, But Costly.

New York flannees of soldiers are wearing "sweetheart lockets"—the most expensive are made of silver and platinum studded with diamonds centered with a sapphire service star. The locket contains a tiny frame for "his" picture.

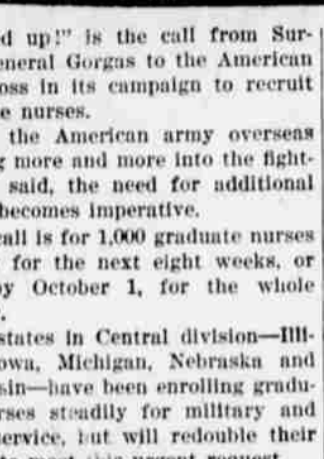
No Worms in a Healthy Child

All children troubled with worms have an unhealthy color, which indicates poor blood, and as a rule, there is more or less stomach disturbance. Give your children *DR. J. C. FLETCHER'S CASTORIA* every morning for two or three weeks will enrich the blood, improve the digestion, and as a general strengthener to the whole system. Nature will then throw off or dispose the worms, and the child will be in perfect health. Pleasant to take. 50¢ per bottle in perfect health. Pleasant to take. 50¢ per bottle.

Your Eyes

Granulated Eyelids. Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by *Murine Eye Remedy*. No Smarting, Just Eye Comfort. At Your Druggist's or by mail 60¢ per Bottle. Free Book and 10¢ Free Trial.

WHAT CAN WE DO?



"Speed up!" is the call from Surgeon General Gorgas to the American Red Cross in its campaign to recruit graduate nurses.

With the American army overseas entering more and more into the fighting, he said, the need for additional nurses becomes imperative.

The call is for 1,000 graduate nurses a week for the next eight weeks, or 8,000 by October 1, for the whole country.

The states in Central division—Illinois, Iowa, Michigan, Nebraska and Wisconsin—have been enrolling graduate nurses steadily for military and naval service, but will redouble their efforts to meet this urgent request.

The public can help by urging every graduate nurse to enroll with the Red Cross, and also by reducing calls upon graduate nurses in case of illness, using practical nurses wherever practicable and learning how to handle simple ailments in the home without outside help.

"Waste not, want not" will be a new Red Cross slogan.

Upon request of the war industries board the American Red Cross will undertake a new line of work, the conservation of materials now going to waste.

This salvage campaign will be directed by a new bureau of conservation at National Red Cross headquarters in Washington and will call for co-operation by chapters throughout the country acting upon instructions given through division headquarters.

While the Red Cross will get the benefit of the material saved or collected, the primary purpose is not to raise funds for the Red Cross but to save materials needed in the winning of the war.

A number of Red Cross chapters at

ready have salvage or junk campaigns under way. These probably will be modified by the new policy to a certain extent and chapters not now collecting waste materials will wait until explicit directions are received before starting into the new work.

England was saved half a billion dollars' worth of materials wasted before the war and this country, using the great Red Cross membership of more than twenty million persons, should make a greater showing.

The war industries board will specify from time to time the materials specially desired and the chapters that will collect them.

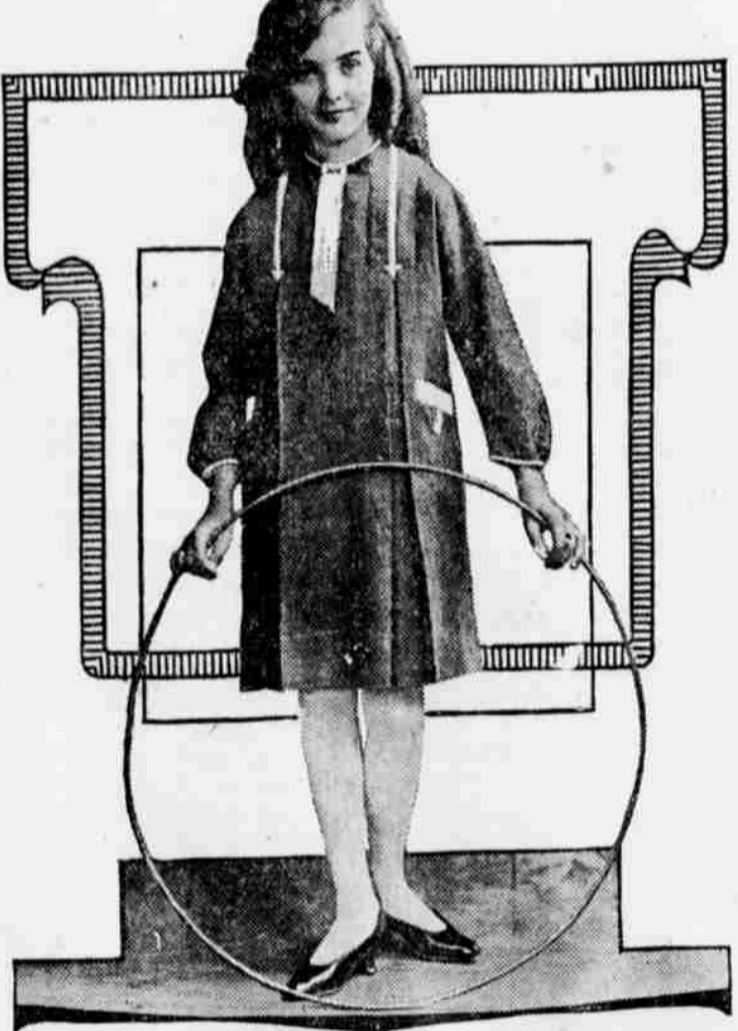
To Mention Furs!

To mention furs in hot weather is an offense, but—short furs are to trim cloth suits and coats next season, and long-haired furs will be seen on plush coats. Among next winter's model costumes Hudson seal is of great importance, particularly on cloth coats. One smart model in buff-tan velours is an example of this; it has a Hudson seal collar and cuffs and the combination is pleasing. Then beaver and nutria are also good. These shorter furs are liked on cloth coats but for the rich plushes which are shown extensively racoon, opossum and skunk are important in the order named. Fur fabric trappings will be in good style among the fashionably dressed again also.

How Hats Are Worn.

Hats, be they large or small, are worn far down over the forehead, so that the coiffure is almost completely hidden. In front they are pushed down nearly to the eyebrows, on the side to the ears, and in the back to the edge of the hair.

New Dresses for School Wear



New dresses for school wear, made to fit the requirements of the little miss from about seven to twelve years, seem to emphasize the simplicity that governs the designs in children's clothes. Simplicity grows more and more popular as the tastes of the public advance. The demand is for strong fabrics, the simplest lines, reliable workmanship and good finishing.

In materials, heavy cotton rep, canton crepe, strong, coarse linen weaves and the tried and proved wool clothes provide about all the dresses for general wear. Washable goods are woven in colors that are dark and permanent, strong blues and browns taking the lead for school wear. In the new frocks for fall sleeves are lengthened so that they reach to the wrist, and there is more variety in their design, but otherwise styles do not differ much from those familiar to us in the summer dresses. Little folks, in these days of steam and furnace heated schools and homes, look to coats and warm head and footwear to fortify them against the cold of winter.

The frock of brown cotton rep with bands and bindings in white rep, shown in the picture, is as good an example of a serviceable everyday and school dress as any one could ask. The material is laid in four box plaits, which are pressed in. They are stitched down at the front and back to the depth of a long yoke; their edges overlap a band of the white goods. White arrow heads are worked at the ends of these bands. The neck and sleeves

are finished with a white binding and white band and arrow head ornament the pockets. At the front a short, flat band of white simulates a tie with two small pearl buttons at the top and three at the bottom.

Attractional Parasols.

A pretty parasol, carried at one of the smart seaside places recently, was of plum taffeta, quite plain except for the bit of figured chiffon shirred over the inward workings of the sticks and steels that regulate the going up and the coming down of the parasol, and a big black wooden head, sewed to each rounded point of a scalloped section, that hung down, awning like, around the edge of the parasol. Another smart parasol, very effective with a colored muslin frock, is made of white taffeta, with white enameled sticks and handle and ferrule. The only decoration is a wide border of eyelet embroidery done with white silk threads.

Costumes of Lace.

Eccu lace frocks are particularly fashionable this summer. The lace is dropped over plain net, also in the ecru shade, and cream tinted taffeta is used for the soft, pleated-edged sash shawl collar and cuffs. Buttons of the taffeta running up the long sleeve give a quaint tailored effect to some of these dainty lace costumes.

Julia Bottomley

Voile in Pastel Shades.

Voile dresses for afternoon wear are in dainty stripe and polka dot effects, in pastel tints. A pretty way to make such a frock is with straight, tucked skirt and sleeveless bodice, rounded out at the neck. An underbodice of sheer tulle, or of lace in a dainty, allover pattern, shows above the rounded-out voile bodice in a little round gimp and has long or three-quarter sleeves. This is a new and decidedly cool and charming way to make up a light colored summer voile.

Cotton Gaste.

With the increasing scarcity of linens, gingham and other cotton stuffs have acquired a place of first importance in the summer wardrobe. Simple cotton frocks designed and put together with as much care and skill as if they were of silk have come to represent a more formal type of gown than was the case a few years ago.

Practical Bathing Suits.

Most practical bathing suits are of the chemise style.

LIFT OFF CORNS!

With fingers! Corns and calluses lift off. No pain!

Magic! Just drop a little Freezezone on that touchy corn, instantly it stops aching, then you lift the corn off with the fingers. Truly! No humbug!



Try Freezezone! Your druggist sells a tiny bottle for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without one particle of pain, soreness or irritation. Freezezone is the discovery of a noted Cincinnati genius.—Adv.

Where He Is Expert.

"So you've joined the army, Mose?"

"Yes, sah."

"What branch of the service are you in?"

"Well, sah, Ah's in de infantry, but when we gets t' France Ah's done asked de captain to put me on dat night raid work. Gittin' into de odder fellow's back yard durin' de night hours is a job Ah considers mahse' particularly experienced at."—Detroit Free Press.

NEVER FAILS TO END MISERY OF PILES

Stops Itching at Once.

"Hundreds of people in this vicinity," says Peterson, "know of the mighty healing power of PETERSON'S OINTMENT in eczema, salt rheum, old sores, itching skin, ulcers, pimples and all diseases of the skin. They know it cures these ailments—that it is guaranteed to cure them."

Now I want to say to every sufferer from piles, either blind, bleeding or itching, that I will guarantee that a 30 cent box of PETERSON'S OINTMENT will rid you of piles or your druggist will return your money.

"For years I suffered terribly with itching and bleeding piles. I tried everything and despaired of ever getting rid of them. It gives me great pleasure to state that Peterson's Ointment entirely cured me, and I sincerely recommend it to all sufferers."—Yours truly, David A. Seymour, Supt. of Parks, Buffalo, N. Y.

Mail orders filled, charges prepaid by Peterson Bros., Buffalo, N. Y. Adv.

A Correction.

"When a Boche finds himself in a tight place he warbles out 'Kamerad, I've got a wife and three children.' Then one of our boys sings out: 'You're a damned liar. You've got a widow and three orphans.'"—From a Soldier's Letter to the Knobbooster Gem.

An Over-ripe Tomato

and other over-ripe vegetables or fruits often cause very serious Bowel Trouble in hot weather. Check it as quickly as possible. Get a bottle of *DR. J. C. FLETCHER'S BABY'S BOWEL MEDICINE*, a safe and sure remedy for Summer Diarrhoea. It is just as effective for Adults as for Children.

What Drew The Tears.

"Doesn't peeling onions make you weep?" "No, but paying twenty cents a pound for 'em does!"

The Malaria Mosquito

A mosquito cannot communicate malaria unless it is infected with malaria. The bite of a malaria mosquito will transmit malarial parasites to the blood of a person and these malarial parasites which feed on the blood should be destroyed before they have time to increase in numbers. Malarial Fever is sometimes called Chills and Fever, Bilious Fever and Swamp Fever.

Grove's Tasteless chill Tonic

possesses the power to entirely neutralize the malarial poison. The Quinine in GROVE'S TASTELESS chill TONIC kills the germ and the Iron enriches the blood.

You can soon feel the Strengthening, Invigorating effect of GROVE'S TASTELESS chill TONIC. It is an exceptionally good general strengthening tonic for the Child, for the Mother and all the Family. Pleasant to take. Price 60c.

Perfectly Harmless. Contains No Nux-Vomica or other Poisonous Drugs.

Grove's chill Tonic Tablets

You can now get Grove's Tasteless chill Tonic in Tablet form as well as in Syrup, the kind you have always bought. The Tablets are intended for those who prefer to swallow a tablet rather than a syrup, and as a convenience for those who travel. The tablets are called "GROVE'S chill TONIC TABLETS" and contain exactly the same medicinal properties and produce exactly the same results as Grove's Tasteless chill Tonic which is put up in bottles. The price of either is 60c.

Cottonteed Flour.

Women students of the University of Texas recently conducted a series of experiments with cottonteed flour. These students volunteered as subjects, and for five days ate a special diet made up of cottonteed flour in combination with corn meal, butter, sugar and grape juice. Each subject had 100 grams or about three and one-half ounces of cottonteed flour in the form of bread. Results showed an average digestibility for the protein of cottonteed flour to be about 85 per cent, placing it in the same class as other cereals and breadstuffs.

Exactly So.

"She's a very high-toned girl." "Yeh, she's a scream."—Jack o' Lantern.

Skin Troubles That Itch

Burn and disfigure quickly soothed and healed by hot baths with Cuticura Soap and gentle anointments of Cuticura Ointment. For free samples, address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Every Neighborhood Has One.

"General Foch is a brilliant strategist."

"Yes, but we've got a guy in our neighborhood who knows more about how this war should be run than Foch ever will know."

Lots of high steppers overstep themselves.

Germany makes a bread without flour.

ASTHMADOR

AVERTS-RELIEVES HAY FEVER

ASTHMA

Begin Treatment NOW

All Druggists Guarantee

Don't Throw Away Your Old Straw Hat

Clear it up with INSTANT CLEANSER. From ten cents. Guide Sales Bureau, 657 Union Ave., Brooklyn, N.Y.

Puts a ... Distemper

CURES THE SICK

And prevents others having the disease no matter how exposed. 60 cents and \$1.25 a bottle, \$5.50 and \$11.00 a dozen bottles. All good druggists and turf goods houses. Spohn Medical Co. Goshen, Ind., U. S. A.

Proof that Some Women do Avoid Operations

Mrs. Etta Dorion, of Ogdensburg, Wis., says:

"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."

How Mrs. Boyd Avoided an Operation.

Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well."

"My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—Mrs. MARRIE BOYD, 1421 5th St., N. E., Canton, Ohio.

Every Sick Woman Should Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Before Submitting To An Operation

—LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.—

You Are Dying By Acid

When you have Heartburn, Gas, Bloat, and that Full Feeling after eating. TAKE ONE

EATONIC

FOR YOUR STOMACH'S SAKE

Get rid of the Overload and Excess Acid and you will fairly feel the GAS driven out of your body—THE BLOAT GOES WITH IT. IT GIVES YOU REAL STOMACH COMFORT

Get EATONIC from your Druggist with the DOUBLE GUARANTEE

Send for the "Ealy" Book, Address: Ealy's Specialty Co., 1115-14 St., Wash. Ave., Chicago, Ill.

Costs a Cent or Two a Day