

IN MISERY FOR YEARS

Mrs. Courtney Tells How She Was Cured by Lydia E. Pinkham's Vegetable Compound.

Oakdale, Iowa.—"For years I was simply in misery from a weakness and awful pains—and nothing seemed to do me any good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so and got relief right away. I can certainly recommend this valuable medicine to other women who suffer, for it has done such good work for me and I know it will help others if they will give it a fair trial."

Why will women drag along from day to day, year in and year out, suffering such misery as did Mrs. Courtney, when such relief as this is continually being published? Every woman who suffers from displacements, irregularities, inflammation, ulceration, backache, nervousness, or who is passing through the Change of Life should give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice write Lydia E. Pinkham, Medicine Co., Lynn, Mass. The result of its long experience is at your service.



When You Need a Good Tonic Take BABEK

My friend, who is an officer, told me this one: "There was a new and young lad on sentry duty, so I thought I would play a trick on him. It was dark when I approached the camp, and the sentry asked, 'Who goes there?' I answered, 'Nobody.' He, becoming excited at this answer, replied, 'Pass on.'"

Lemon Juice For Freckles

Girls! Make beauty lotion at home for a few cents. Try it!

Squeeze the juice of two lemons into a bottle containing three ounces of rehard white, shake well, and you have a quartet pint of the best freckle, sunburn and tan lotion, and complexion whiterer, at very, very small cost.

Members of army medical boards have some curious experiences, I gather, in the course of their work, but it might be supposed that they would have fewer opportunities for making discoveries than their colleagues behind the fighting line, and in the base hospitals. But evidently there are exceptions. "A man presented himself for examination the other day," one medical friend tells me, "and I put the usual question: 'Well, what's the matter with you?' 'Timorbill!' 'What?' He repeated it. 'I don't know what that is,' I said. So he produced a paper from his own doctor, and on it was written: 'This man is suffering from Timor Bill.' It sounds better, certainly, than 'cold feet,' and is quite as full of meaning!"—Westminster (England) Gazette.

Governor Stephens was commenting on the misuse of the uniform by persons who have no right to use it. "They ought to be in jail," he declared, "but once in a while you can't help but forgive the culprit. I have in mind the case of a tramp in uniform who asked a housewife for a meal."

"So you were in the battle of the Marne?" "Yes, ma'am," replied the tramp. "What can you tell about that great battle?" "Not a word, ma'am. I'm on my honor not to reveal a thing I saw or did. That's a very strict military rule."

There are no songs comparable to the songs of Zion; no orations equal to those of the prophets; and no politics like those which the Scriptures teach.—Milton.

Favors Bible for Every Soldier. In a letter to the American Bible society Major General Wood says: "Godspeed and all success in the work you are undertaking. I earnestly hope that you will be successful in placing a Bible in the hands of every soldier."

Promises in the Bible. If there is one fact, or doctrine, or command, or promise in the Bible which has produced no practical effect on your temper, or heart, or conduct, be assured that you do not truly believe it.—Payson.

One good way to help everything good, including one's own bank account, is to buy Thrift stamps and savings certificates.

The seshore shark has not been as servile this summer. He probably refused to take any risk of being associated with a U-boat.

General Crowder keeps calling them and they keep right on answering. The Kaiser will begin to think there's no end to Yankees the way they're pouring into France.

Have Overcome Space. "The spaces of land and sea are nothing where common purposes blind.—General Pershing.

Her Destiny. "A waitress ought to be born one." "Why so?" "Isn't she one mind to order?"

Your Eyes. Granulated Eyelids. Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, No Itching, No Stinging.

Rhode Island refused to ratify the federal prohibition amendment and consistently appropriated \$700,000 to enlarge its penitentiary.

THE SCHOOL OF EXPERIENCE. ABORN. CLASSES OPERATING TRAINING. THE ABORN MINIATURE.

For Sale, Improved 40 Acre Farm. 340000.00. 240000.00. 200000.00. 160000.00. 120000.00. 80000.00. 40000.00.

Would You Like to get 100 better daily, each formula for 100. George West, Detroit, Michigan.

Get Doan's at Any Store, 60c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

Don't Throw Away Your Old Straw Hat. Clean it up with INSTANT Dandruff Remover. 100c a Bottle. 50c a Bottle.

W. N. U., BALTIMORE, NO. 39-1918.

IN GRIP OF WINTER

Black Sea Shore about the Last Word in Desolation.

There the Great River Danube and Its Surroundings Present as Dreary a Scene Today as When Ovid Wrote His "Sorrow."

If you think the warm airs of an eastern Riviera caress the shore of the Black sea, where the blue Danube creeps out through as many channels as the reedy Nile's, you need to re-make your picture. In case your imagination needs a little aiding, take down your dusty copy of Ovid's "Sorrow"—his "Tristia"—and read once more what he wrote back to unforbearing Rome about his first winter of banishment on that coast. It was nineteen centuries ago. But you might suppose he was telling of this very winter's work, at Nantucket, say, or Montreal. Touch by touch his clever lines draw the picture as plainly as if he were a correspondent for a modern syndicate. You feel yourself shivering with him on the whitened plain, beneath the flaring stars that circle but never set.

There at Toml does the north wind blow, and do they feel that bitter wind from the north-by-east? It blows, and the fields turn to stone; it tears roofs away, and brings the look-out towers down flat. Any snow? Storm trends on storm till here and there the heaped-up and compacted snows lie two winters deep. Of course the brooks are stilled now; the water in the lakes is brittle, it can be dug and shattered. Of a native, what with his pelts and his stitched-up breeches, all you can see is his face; his beard is white with the cold he sucks through it. No one drinks wine; it is passed in lumps; if a wine jar is broken, the wine within it stands alone.

Does the great Danube freeze? Its blue currents have hardened into marble. It holds the ships locked fast; not an oar can cleave the waters. Where the pilot steered no men go afoot. No wild Samartian lacks a bridge for his graceless ox-cart. But surely the Black sea itself keeps open? Well, says Ovid, if I had anything to gain by saying what isn't so, you might not believe me; but as sure as I am a wretched exile, I have walked that sea-dry-shod. Boreas was howling, but he could not raise a wave. Not a bumping dolphin could come through to stretch himself. Oh, Leander, if once upon a time a like sea had been yours, the scandal of your drowning could not have been laid upon the strait you had to swim!

And then, with grimmer strokes, Ovid draws the worst part of his picture. For into this winter-bound coast, over the ringing highways of the ice, come savage foes, sweeping down on swift horses; they have poison on their arrow tips, they bring things to lash their captives; they fire with torches which they cannot carry off.

But if Ovid were alive again in this year of grace, and once more writing from Toml, or as they call it now, Kustendji, he would not find the sting of the north wind from the steppes less biting than 19 centuries ago, nor the cruelty of man to man less appalling.—Boston Herald.

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Three Needs of Christian Workers

By REV. B. B. SUTCLIFFE, Extension Department, Moody Bible Institute, Chicago.

TEXT—Be of good courage and let us behave ourselves valiantly, and let the Lord do that which is good in his sight.—1 Chron. 19:13.



Job, the commander in chief of David's army, found himself between two fires. The army of the Syrians opposed him on one side and the army of the Ammonites on the other. Employing the best tactics he knew and placing his army to the best advantage, he made an address to his men on the eve of battle. The text is part of that address which reminded them they were about to fight for their people and the cities of their God. His exhortation might well be pondered by all Christians today and especially those who are more or less directly engaged in Christian work.

There are three things upon the surface of this text. I. The Need of Courage. It is said of some regiments in human armies that they are so foolish as never to know when they are beaten. It is not foolishness that is the trouble, but a high-hearted courage which will not admit defeat or which takes a defeat and wrestles it into a victory. The Christian worker, above all others, should have such good courage. He has a Leader who is possessed of all wisdom and knowledge—a Leader who knows the secret plans of the enemy. He is aware even of the secret thoughts of the enemy. He is never taken off his guard, or by surprise. He is fully informed of every movement. He gives promise to his people that no weapon formed against them shall prosper. He is a Leader who not only has all knowledge, but all power to use his knowledge. He is the Invincible One. Sometimes a man finds himself in possession of valuable knowledge which is valueless to him because of a lack of power. He has not the ability to use what he knows. But unto our Lord has been given all power in heaven and in earth.

Be of good courage, then, no matter what odds we face, knowing there is more with us than with the enemy. The message of the saint of old is well worth remembering—"One with us is always a majority." This is still true. God who gave the victory to his people in olden days is the same God. There is no change in our Leader. He is the same yesterday, today and forever. Following him, the Christian is assured of ultimate victory. It may seem as though we were hedged in by overwhelming forces and defeat is certain, but we may have good courage as we look away from the opposing hosts to the one whom we follow.

II. The Need of Valiant Behavior. The Revised Version renders this to "play the man." It means simply to "do your best." To do one's best is to behave valiantly. No matter if others may do better than we, the need is to do our best. We are to "play the man" and not be like children who become discouraged because someone else does better than they can do. We must just keep on doing our part to the best of our ability. Much was dependent on each man of Moch's army behaving valiantly. Much more depends on each Christian doing his best. We must "play the man" for the honor of the name of him whose we are and whom we serve. He does not expect us to weakly surrender but to stand up to the fight, behaving ourselves valiantly; we must meet his expectations.

Then again, the well being of the church depends on each doing his best. The church is the body of Christ and we are all members of that body. If one member suffers, all the others suffer with it. When one member falls to behave valiantly, all the others are injured. On the other hand, all the members are blessed each time we do our level best. Again our own personal growth in grace follows such behavior. If we would be strong in faith, and experience the delight of the approval of our Lord, we will go forth to "play the man" in the name of our God.

III. The Need of Trust. "Let the Lord do that which is good in his sight." We are not to think that results from our work shall be in accord with what we imagine they should be. He may have purposes to fulfill by our work other than we know. We are naturally eager to obtain results which are good in our own sight. We may make serious mistakes, not knowing all our Lord knows, and desire results which would not be good in his sight. We need to trust him fully; to believe he knows what is best; to reveal in a high-hearted courage which grows from the certainty of final victory; to keep on doing our best and allow him to do that which is good in his sight, irrespective of whether it is good in ours or not.

The first impulse of the young convert is to love. Do you remember the day you were converted? Was not your heart full of sweet peace and love? If a man has not the love of God shed abroad in his heart, he has never been regenerated.—Moody.

There can be no true peace, there can be no comfort where there is uncertainty. I am not fit for God's service, I cannot go out and work for God, if I am in doubt about my own salvation.—Moody.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.

LESSON FOR SEPTEMBER 29 REVIEW.

SUBJECT—What It Means to Be a Christian. SELECTION FOR READING—1 John 3:1-24. GOLDEN TEXT—My little children, let us not love in word, neither in tongue; but in deed, and truth.—1 John 3:18.

Perhaps the best way to review the lessons of this quarter will be to take the several lessons and note their bearing on the subject chosen for review; namely: What it means to be a Christian. In order to get the best results, assignment should be made of the several lessons to different parties to come prepared to give the teaching of the particular lesson on the subject. The following is suggested as a possible way of presenting the matter.

Lesson I. It means that each individual must exercise faith in Jesus Christ as a personal Savior. One may have his heart opened by the Lord while listening to the Word of God at a staged meeting, like Lydia, or be convinced through the manifestation of the mighty power of God, as the Philippian jailer. In all cases it is the one Savior and the one faith.

Lesson II. It means that those who have really exercised faith in the Lord Jesus Christ will attentively read God's Word. Even a great statesman like the Ethiopian Eunuch will be blessed in his reading, for the Word of God converts the soul, makes wise the simple, puts gladness into the heart, enlightens the eyes, satisfies the longing soul, warns against dangers, and brings reward to those who obey its precepts.

Lesson III. It means a life of personal prayer and communion with God. The one who has become a child of God has the glorious privilege of coming to him with his needs with the assurance that God will supply them. God is more willing to give to his children than any earthly father is to his children.

Lesson IV. It means a life of obedience to the Word and will of God. Prompt and definite obedience will be rendered, even to the separation from business, and the ties of nature, when such stand in the way. Peter, Andrew, James and John obeyed, and it meant to them great spiritual blessings. From fishing for fish, they were promoted to fishing for men. Obedience to God pays. The disciple of Christ will treasure up his words.

Lesson V. It means growth in grace. Jesus himself grew in wisdom and in stature, and in favor with God and man. Merely accepting Christ is not enough; there must be growth.

Lesson VI. It means a life of helpfulness to others. One who has been made a partaker of the Divine nature will, like his master, give himself in helpful service to others. He will be a neighbor to the needy and unfortunate, even as the Good Samaritan. Being good in himself, he will be doing good to others. He will use every opportunity to do good.

Lesson VII. It means attendance at the place of worship, receiving the teaching of the Word of God, partaking of the communion, and rendering service in some capacity in the church.

Temperance Notes

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

PROHIBITION RECLAIMS MANHOOD.

The Sioux Falls Press, speaking editorially on the "immense success" of prohibition in South Dakota as regards decrease of crime and poverty and the increase in legitimate business profits, notes another result which, it says, would be "worth while even if it cost all the economic disaster the pro-liquor element so noisily warn the people against. Most men," it says, "have had friends who were being ruined by booze, men of natural talent and unusual ability in their professions or occupations who were falling, dropping deeper and deeper into the drunkard's low estate, men who could not, no matter how hard they tried, let liquor alone, and had begun to quit trying. They did fool things, made speeches of themselves in public and private, and lost the esteem they once held. Where are these unfortunates today, and what are they doing? Every reader of this article can, we are sure, point to at least one friend who has come back, whose eye has brightened, whose shoulders have straightened, who in one short year of freedom from the blight of drink has become a man once more. Prohibition is reclaiming broken-down manhood."

THE ENEMY TO BE FEARED.

I do not greatly fear an enemy that may embark from some distant shore to do us hurt. I do fear this liquor foe that burrows his insidious way deep into the very vitals of our power, that not only sates the living but that drives his poisons into the loins of potential fathers and into the wombs of potential mothers to procreate the race with the eugenic taint of alcohol. Give America clear minds, clean bodies, and unspoiled souls, and she will prove sufficient for her momentous present even as she has answered every question that challenged her glorious past, and the conclusion is inevitable that any institution that robs the state of these—clear minds, clean bodies and unspoiled souls—is an unmitigated evil and must be destroyed.—Daniel A. Polling.

JAIL NOW A HOSPITAL.

The city of Birmingham has the handsome city jail in the South, costing about \$100,000 and surrounded by 20 acres of ground beautifully cultivated. The normal number of prisoners confined within it before the advent of prohibition was 200 and upwards. Today the number ranges from 60 to 70, most of them colored women.

"Now our new problem is, what to do with this fine jail. As a result Birmingham is forced to do its street cleaning and garbage collection with paid labor instead of with prisoners,"—Hon. George B. Ward, former President of the City Commission of Birmingham, Ala.

EFFICIENCY AND CONTENTMENT IN A DRY STATE.

"The contented workman," says Mr. Gilmore of Louisville, Ky., president of the National Model License League, "is the efficient workman, and the workman who feels he is getting a square deal." It is a shame, he declares, that free-born Americans should be denied an occasional glass of beer or whisky. And the Pendleton East Oregonian thus retorts: "We are building ships in Oregon. Our workmen are breaking all records in ship production, so efficient are they. They are neither inefficient nor discontented. The only discontented person we were lately was a chump who paid \$12 for a quart of bootleggers' poison. He had a headache and a torpid liver."

NO GOOD IN A SCRAP.

Mr. Dooley, American philosopher, has given his reasons why the nations are becoming so strong against drink. "It's strange, Hinnissey, how the wurruld has turned against its life-long roommate, Jawn Barleycorn. After rollickin' with the old fellow for cinchies th' fickle public has rounded on him an' it's rapidly chasin' him off th' map. Jawn Barleycorn might have gone on for years if it hadn't been that the wurruld began to suspect that he was no good in a fight. He was welcome in th' soldier's tent and th' general's headquarters. People said about him: 'He's a scump and a false friend, but he's a deville in a scrap.' An' now they know he ain't any good at that aether. His bluff has been called."

SUGGESTION FOR THE DRINKER.

"Hello, Brown, come in and have a drink." "No, thank you, Smith, I have cut out the booze, but to show you that I am still a good fellow, come into the bank with me and I'll buy you a Thrift stamp instead of a drink." "Well, Brown, that is a new one on me, but I like the idea and I'll go you and I'll stand you a round on that proposition myself."

Our Language. "What became of your Swedish cook?" "Oh, she got her Irish up and took French leave."—Boston Evening Transcript.

Grove's chill Tonic Tablets and Grove's Tonic Tablets. You can now get Grove's Tonic Tablets in Tablet form, well as in Syrup form. They are 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. GROVE'S CHILL TONIC TABLETS contain exactly the same medicinal properties as the same results as Grove's Tonic Tablets which is put up in bottles. The price of either is 50c.

Necessarily. "That oculist is a man of very high-brow theories." "Naturally, an oculist must live on eye-deals."

A torpid liver prevents proper food assimilation. Tone up your liver with Wright's Indian Vegetable Pills. They get going fast.

Britain is buying 60,000,000 sticks of chewing gum for soldiers.

What is Castoria. CASTORIA is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-Good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment. Genuine Castoria always bears the signature of Chas. H. Fletcher.

Don't Get Hung Up With an Acid Stomach

125,000 People Commit Suicide Every Year. It's Just Acidity That Makes Millions Sick and Suffer. It's true. There are millions of people all over the land who are weak, nervous, all tired and dragged out, who are trying to build up their jaded nerves and weakened bodies with drugs and stimulants; and many of them also FAT and EAT—but fail to get anywhere near the full amount of strength and nourishment out of their food. Why? Simply because of too much acid in the stomach—superacidity.



A Man Is No Stronger Than His Stomach. How Strong Are You? EATONIC FOR YOUR STOMACH'S SAKE.

It is positively guaranteed to clear the excess acid out of your stomach and bowels. It is made in the form of pleasant-tasting tablets—easy to carry around with you. Get a big box of EATONIC at any drug store and see how quickly it banishes the immediate effects of acid-stomach. Away with heartburn, indigestion, flatulence, constipation, etc.—and thus see how your general health improves.

So again we tell you—insist upon it!—you are getting a big box of EATONIC from your druggist today. The cost is a trifle—only 50c. You have faith in your druggist. We authorize him to absolutely guarantee EATONIC to you and you can trust your own druggist. Make this guarantee good. If EATONIC fails in any way, take it back—he will refund your money. If your druggist does not keep EATONIC, drop us a postal card and we will send it to you at once; you can send us the 50c after you get it. Address: H. L. Kramer, Pres., Eatonice Remedy Company, 1015 So. Wabash Ave., Chicago, Ill.

As Age Advances the Liver Requires

occasional slight stimulation. CARTER'S LITTLE LIVER PILLS correct CONSTIPATION. Colorless or Pale Faces usually indicate the absence of Iron in the blood, a condition which will be greatly helped by Carter's Iron Pills.

Theorist. "I always believe in saving something for a rainy day." "How much have you saved?" "Oh, I haven't saved anything, but I believe in it."

Crockerly Saver. Danger of breakage is eliminated in a new motor-driven dish washer in which the dishes are held stationary in wire baskets and water is forced around them.

Scenes of Prosperity Are Common in Western Canada

The thousands of U. S. farmers who have accepted Canada's generous offer to settle on homesteads or buy farm land in her provinces have been well repaid by bountiful crops of wheat and other grains. Where you can buy good farm land at \$15 to \$30 per acre—get \$2 a bushel for wheat and raise 20 to 45 bushels to the acre you are bound to make money—that's what you can do in Western Canada. In the provinces of Manitoba, Saskatchewan or Alberta you can get a HOMESTEAD OF 160 ACRES FREE and other land at very low prices. During many years Canadian wheat fields have averaged 20 bushels to the acre—many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley, and Flax. Mixed Farming is as profitable an industry as grain raising. Good schools, churches, markets convenient, climate excellent. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to J. P. JAFFRAY, Cor. Walnut and Broad Sts., Philadelphia, Pa. Canadian Government Agent.

Catarrhal Deafness Cannot Be Cured

by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarrhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the blood on the Mucous Surfaces of the System. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be removed and this tube restored to its normal condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrh, which is an inflamed condition of the Mucous Surfaces. ONE HUNDRED DOLLARS for any case of Catarrhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE. All Druggists & Circulars free. F. J. Cheney & Co., Toledo, Ohio.

Milwaukee will eliminate foreign language studies from grade schools in June, 1919. A. B. Welch of Mandan, N. D., a captain with the American army in France, is a Sioux Indian chief.

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