

HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."

Every Woman Wants PASTINE ANTISEPTIC POWDER FOR PERSONAL HYGIENE. Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation.

Soothe Your Itching Skin With CUTICURA. All druggists. Soap, Ointment, 25¢. Tablets, 50¢. Sample each free of "Cuticura," Dept. 2, Boston.

FOUR AUTO TIRES \$31. Buy direct from factory and save half. Four tires, guaranteed 3,000 miles.

Capital Wanted. To put on market remedies of highest quality. Best expert.

Couldn't Understand It. A newly drafted negro who had been in camp only a week entered the orderly room and asked the captain for a three-day leave.

Mary's Wish. Mrs. M.—is an enthusiastic worker in the United States food clubs. She has been using the substitutes and, to make her bread more palatable, she recently bought a bread stick pan.

A Land in Mourning. At dinner parties in France no flowers are now seen on the dinner tables.

ELIXIR BABEK A GOOD TONIC. Your Babek's acts like magic; I have given it to numerous people in my parish who were suffering with chills, malaria and fever.

Explaining It. One reason more barns are hit by lightning in this region than formerly is that there are more barns to be hit.

No Worms in a Healthy Child. All children troubled with worms have an unhealthy color, which indicates poor blood, and as a result, they are more or less sluggish.

The Stages. "What did they do with the vessel?" "First, they buoyed her up and then they manned her."

Dr. Perry's "Dead Shot" is powerful but safe. One dose is enough to expel Worms or Tapeworm. No castor oil necessary. Adv.

Your Granulated Eyelids. Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Marine Eye Remedy.

All Men Must Do War Work

U. S. Employment Service Serves Notice That Able Bodied Citizens May Not Continue Working at Unnecessary Jobs.

The United States employment service is "getting down to cases" in finding unskilled labor for essential war work. It has served notice that employment that is simply personal service or for personal pleasure will not be regarded as war work.

Also the employment service makes an appeal to automobile owners to release chauffeurs, whenever possible, and to consider well before they buy accessories for their machines, whether they need the work required to produce them as much as the country needs it to help win the war.

In an authorized interview, Nathan M. Smyth, assistant director general of the United States employment service, gives the program and purpose of that department as follows:

"The community labor boards are charged with the responsibility of determining the methods which shall govern the employment service in attempting to recruit for war work men from industries which are not directly connected with the prosecution of the war. The power to determine priority among industries and to close up nonessential industries by shutting off supplies rests with the war industries board.

"The United States employment service will follow the priorities determined by the priorities board of the war industries board, and the employment service through all its agencies will keep in systematic and constant co-operation with the man power and material program.

"It is within the province of each community labor board to list those nonwar industries in its community which will first be called upon to contribute men to war work.

"This does not mean that such industries will be compelled to close up or to discharge their male employees at once, but that with as much speed as may be necessary to meet the national emergency, they will release male workers.

"We may as well face the facts. Much work essential to our program is being seriously retarded by lack of unskilled labor. In this situation it is obviously wrong to have able-bodied men continuing to sell candy, cigars and like articles, to be doing work in shops and stores which might with reasonable effort on the part of the employers be entrusted to women, and to be dancing attendance in clubs, barber shops, soft-drink establishments, bowling alleys, dancing academies and elsewhere.

"Our war industries are suffering severely for lack of skilled mechanics. It therefore becomes a burden upon the conscience of every person who employs a chauffeur to determine whether such employment is necessary or merely for the gratification of personal pleasure.

"Moreover, every owner of an automobile should realize that every time he spends five dollars for automobile accessories, supplies or repairs, he is in effect determining whether the working energies of the country shall be devoted to winning the war or to his own personal uses.

"The time has come when, from the standpoint of conservation of labor, we must all of us limit our expenses to those things which are essential."

CHEAPER RATIONS FOR THE HENS

(Prepared by the United States Department of Agriculture.)

Beef scraps or some other animal protein feed has been shown by a number of experiments to be essential to good and economical egg production, especially during winter. In the 18 months preceding January, 1918, the price of meat or beef scrap has increased 100 per cent, while, in some places, it has been difficult to secure it at all, making it advisable to use something in place of this feed.

Half of the beef scrap normally fed in the mash has been replaced by these feeds, making the ration as follows: A scratch mixture of two parts cracked corn and one part oats, and a mash of nine parts cornmeal, five parts middlings, four parts bran, two parts beef scrap, and two parts of either peanut meal, soy-bean meal, or velvet-vech meal. All of these parts are by weight. A similar ration containing cottonseed meal has been fed with good results for over one year. The percentage of protein in these feeds was as follows: Beef scrap, 50 to 55; soy-bean meal, 44; cottonseed meal, 38; peanut meal, 28; and velvet-bean meal, 19.

The egg yield for the first three months has been fairly good with all of these feeds, but not quite as good as has been secured from the use of a normal amount of beef scrap. The highest egg yield was secured from the peanut meal; nearly as good results from the soy-bean meal, but only a fair egg yield from the velvet-bean meal. It would appear that all of

Tricks in the Kitchen. Add apples to the rhubarb pie; it will be less sharp. Food should look attractive as well as taste well. Mashed potatoes left over may be made into biscuits. Fruit sandwiches must not be forgotten for the picnic. One pint of milk makes two and one-half ounces of fat soft cheese. Pastry and fried foods are both expensive and indigestible. The best cheese is made from milk before it has soured. Cheese should always be served with corn bread. Frankfurter sausage are good to boil with cabbage.

New Faces, Including Cheeks, Noses, Lips, Jaws, Provided in Great Hospitals of Paris

Some miracles of modern surgery are being performed at a hospital in Paris. The surgeons here, writes a correspondent, have become sculptors in human flesh. They reconstruct a man who otherwise would have to go through life hideously ugly, but who is able to leave the hospital practically a normal man. A man whose face had been blown away by a shell has a new nose and lips grown for him; new chins are no longer a matter of comment. The simplest method is that of removing a scar. An incision is made and the arteries bound up; then a piece of skin is cut from another part of the body and the surgeon's scissors clip it to the desired shape, and very speedily the scar disappears.

To construct a nose a piece of gristle is removed from the region of the ribs and "put out to nurse," as the surgeon describes it, under the skin of the forehead. The gristle continues to live, and when all is ready the sur-

these feeds are worthy of a trial, used with beef scrap, in sections where they are easily secured. These tests will have to be carried through a considerable period of time to accurately determine the relative value of these feeds.

Commercial Supply of Fats and Oils Other Than Retail Stocks in U. S. July 1, 1918

Stocks of fats and oils in commercial channels, other than retail stocks, as reported to the United States department of agriculture in the comprehensive food survey for July 1, 1918, were as follows: Lard, 114,633,782 pounds; lard compounds, (including substitutes other than purely vegetable substitutes), 50,410,730 pounds; solid vegetable cooking fats, 42,636,551 pounds; oleo stock, oleo oil and edible tallow, 30,770,747 pounds; cottonseed oil, 41,718,674 gallons; olive oil, 901,965 gallons; peanut oil, 4,839,461 gallons; corn oil, 2,891,457 gallons. The figures given above include stocks actually reported as on hand by manufacturers, storage houses and wholesale dealers, and also quantities reported as in transit from these stores. The stocks of retail dealers, as reported for July 1, 1918, are not included, since these reports are still in process of being tabulated. In a similar survey made by the department for January 1, 1918, the retail stocks con-



Worse. She—Are you sure that we are living beyond our means? He—Worse than that, we are living beyond our credit.

Wants Credit. Bacon—What's the old Closest hol- lering for? Egbert—Some- one told him he must give until it hurts. Bacon—Well? Egbert—He just gave up a dollar for charity. Bacon—Well, \$1 doesn't hurt. Egbert—No, but he wants to give the people the impression that it does.

Liberality. "Did you leave the waiter a liberal tip?" "I surely did," replied Mr. Gripnickel. "I left him two potatoes and half a chop, which, according to the bill of fare, ought to be worth at least a dollar and a quarter."

Force of Niagara River. The enormous force of Niagara in its descent from Lake Erie to Lake Ontario represents a descent of 834 feet in 36 miles, while the average height of the falls is between 154 and 162 feet, representing, according to different estimates, from 1,750,000 to 7,000,000 horsepower.

Something Wrong. "I fear Dubwatts lacks a sense of humor." "Surely you misjudge him." "No, I can't be mistaken. I've seen him read one of the Kaiser's speeches without the vestige of a smile."

attitude the following percentages of the total commercial stocks of the commodities here considered: Lard, 29.5 per cent; lard compounds, 35.3 per cent; solid vegetable cooking fats, 28.9 per cent; oleo stock, oleo oil and edible tallow, 2.2 per cent; cottonseed oil, 2.5 per cent; olive oil, 44.8 per cent; peanut oil, 4.8 per cent. In the case of lard and lard compounds, the stocks reported as on hand on July 1, 1918, were slightly less than the corresponding stocks for July 1, 1917, the percentages being 90.3 and 98.4, respectively. The holdings of oleo stock, oleo oil and edible tallow were 87.8 per cent of those reported a year earlier. The greatest decrease is noted in the case of olive oil, where the holdings on July 1, 1918, were only 35.8 per cent of the holdings for July 1, 1917. In the case of the four remaining commodities, the stocks reported represent an increase over the corresponding stocks of a year earlier, the percentage of increase being as follows: Solid vegetable cooking fats, 14.5 per cent; cottonseed oil, 8.2 per cent; peanut oil, 194.8 per cent; corn oil, 56.6 per cent.

Jealously Guarded Secret of Making Eau de Cologne

Cologne's toilet water industry was established at the beginning of the seventeenth century. At that time the city numbered about 50,000 inhabitants, while the present population is 450,000. The inventors of eau de Cologne were Paul Femins and Maria Clementine, Catholic nun. They began on a small scale with few persons employed, whom they did not initiate into their secret of the whole process, the last and most important mixture being made by the inventors themselves. Paul Femins left the secret with the Farina family, while the nun bequeathed the secret to one Peter Schueben, who had been her assistant for many years.

Winston-Salem, N. C., Great for Tobacco Manufacturing

Although 200 miles from the seaboard in North Carolina, Winston-Salem, a dual city of 17,000 inhabitants, has been designated as a port of entry by the custom officials, because its imports of sugar, licorice and tobacco are enormous. Since 1910, according to Popular Science Monthly, the manufacture of tobacco products has increased more than 370 per cent. Indeed, it is believed that Winston-Salem now leads St. Louis as the chief tobacco manufacturing city in the United States. Eight days after the government had given Winston-Salem a \$250,000 post office building the city had paid for it in tobacco revenue.

French Soldier Wrote Song "Won't Go Home Till Morning"

That most celebrated of drinking songs, "We Won't Go Home Till Morning," found its inspiration in war. The air was composed by an unknown French soldier after the battle of Malpluquet, which was fought in 1709. The French troops suffered severely in the battle, and when night came a cold, drizzling rain and a shortage of food added to their discomfort. The trooper-composer wrote the song on a drumhead, and it was designed to cheer his unhappy comrades. It immediately attained popularity and spread all over France, and thence to England and America.

Close Fisted. Edith—That dreadful looking old man her husband? I don't see what she married him for. Marie—I don't think she sees much of what she married him for, either.

No Thought of Self. "Josh writes that he's fighting hard for a speedy victory," remarked Farmer Cornstoesel. "Yes," commented his wife, "that boy's got the right spirit. He's going to do his duty and wind up the war, as soon as it's over he'll have to go right back to school."

A Reg'lar Iconoclast. Growth—These emotional actresses make me tired, with their rushing about, tearing of hair and heaving of chests. Spritley—I infer, then, that you are in favor of taking the motion out of emotion.

Highest Radio Aerial. The highest radio aerial in the world, the cables of a captive balloon, is in use at the New York navy yard. It was announced that the yard had been in communication with the wireless station at Arcadia, Cal.

How True! She—Will you love me as much in December as you do in June, dear? He—More, darling. There's one more day in December.

Many old-time knitting machines have been dragged from the garret to do duty in the present emergency.

PRESIDENT WILSON APPEALS FOR THE FOURTH LIBERTY LOAN.

"Recent events have enhanced, not lessened, the importance of this loan, and I hope that my fellow-countrymen will let me say this to them very frankly. The best thing that could happen would be that the loan should not only be fully subscribed but very greatly oversubscribed. We are in the midst of the greatest exercise of the power of this country that has ever been witnessed or foreseen, and a single day of relaxation in that effort would be of tragical damage alike to ourselves and to the rest of the world. Nothing has happened which makes it safe or possible to do anything but push our effort to the utmost. The time is critical, and the response must be complete."

372 UNITED STATES SOLDIERS LOST

Transport Rammed Amidship in North Sea.

MORE THAN 1000 ABOARD

Dashed To Pieces On Rocks In Storm—British Destroyer Rescues 301, 17 Reach Scottish Coast Alive.

A British troop—A large number of American troops have been lost as the result of the sinking of the transport Otranto in the North Channel between the Scottish and Irish coasts in a collision with the steamer Kashmir.

The Otranto after the collision was dashed to pieces on the rocks off the South Scottish coast, with a probable loss of 372 American soldiers.

Seventeen men were picked up alive on the Scottish coast. Of the 699 American soldiers on board the Otranto, 210 were landed. Seventeen were rescued alive at Islay, leaving 372 unaccounted for.

The Otranto and the other vessels of the convoy were battling with the heavy seas and high winds Sunday morning. The storm was so severe and the visibility so bad that the Kashmir, a former Peninsular and Oriental liner, crashed into the Otranto squarely amidships.

The Kashmir backed away badly damaged, but was able to make port. As the bows of the Kashmir were pulled from the great hole in the side of the Otranto, the water rushed in, but for a time it did not serve to stop the engines. The Otranto tried to proceed, but made no headway against the gale in her crippled condition.

Within a short time the water put out her fires and the Otranto drifted helplessly toward the rocky coast of Islay Island, where most of the Tuscania victims met their deaths.

OCCUPATIONAL TAX.

House Provision Adopted By The Finance Committee.

Washington.—The Senate Finance Committee in revising the War Revenue Bill approved a business or occupational tax. House provisions placing a tax of \$10 on all persons "engaged in any trade, business or profession" whose gross receipts exceeded \$2,500 were adopted after being amended so as to include farmers, whom the House had exempted. Announcement was made that amendments which would furnish some relief to farmers would be considered later.

RED CROSS MAN KILLED.

Capt. Harris, Richmond, Wounded While Bringing Up Supplies. Paris.—St. Clair Mott, of Jacksonville, Fla., was killed at Capt. E. D. Harris, of Richmond, Va., was wounded while following the American troops with equipment and supplies over a shell-swept road northwest of Verdun. Both men were attached to the American Red Cross. Mott, who was driving the car, was killed instantly. The vehicle dashed over an embankment, throwing out its occupants.

ARCHBISHOP CARRIED OFF.

Huns Remove Primate Of Cambrai When They Retreat. On the British Front in France—Monsignor Chollet, Archbishop of Cambrai, was carried away by the Germans when they evacuated the city.

TO SPEED HARD COAL.

Operators And Miners Brought Together By War Board. Washington.—Anthracite operators and officials of the United Mine Workers conferred with the War Labor Policies Board, and it is understood an agreement has been reached on measures to increase the output of the anthracite fields and to guard against a recurrence of the unauthorized strike recently put into effect by some of the miners.

WRIGLEY'S For Victory Buy Liberty Bonds. We will win this war— Nothing else really matters until we do! The Flavor Lasts. Includes images of Wrigley's Doublemint, Juicy Fruit, and Spearmint gum packs.

Eternal vigilance isn't always the price of a liberty—sometimes it's \$10 and costs. The man who wants the earth is the very one the earth can't get along with.

United States may tax mules and donkeys. A grain of sand in a man's makeup is worth two in the sugar.



Ice Boxes on Wheels

Refrigerator cars for carrying meat are ice boxes traveling on wheels.

Most people in America would have to go without fresh meat, or would have to pay more for what they could get, if it were not for these traveling ice boxes.

Gustavus F. Swift, the first Swift in the packing industry, saw the need of these traveling ice boxes before others.

He asked the railroads to build them. The railroads refused. They were equipped, and preferred to haul cattle rather than dressed beef.

So Gustavus F. Swift had to make the cars himself. The first one was a box car rigged up to hold ice. Now there are 7,000 Swift refrigerator cars. Each one is as fine an ice box as you have in your home.

Day and night, fair weather and foul, through heat and cold, these 7,000 cars go rolling up and down the country, keeping meat just right, on its way to you.

Thus another phase of Swift & Company's activities has grown to meet a need no one else could or would supply, in way that matched Swift & Company ideas of being useful.

When you see one of these Swift & Company cars in a train, or on a siding, you will be reminded of what is being done for you as the fruit of experience and a desire to serve.

Swift & Company, U. S. A.

Lend the Way They Fight Buy Liberty Bonds. Includes the Liberty Loan logo and a Swift & Company logo.