

HEALTH TALK

Spanish Influenza or Grip BY DR. LEE H. SMITH.

An old enemy is with us again, and whether we fight a German or a germ, we must put up a good fight, and not be afraid.

The influenza runs a very brief course when the patient is careful, and if we keep the system in good condition and throw out the poisons which tend to accumulate within our bodies, we can escape the disease.

To prevent the attack of bronchitis or pneumonia and to control the pain, Anuric tablets should be obtained at the drug store, and one given every two hours, with lemonade.

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Look out for Spanish Influenza. At the first sign of a cold take

HILL'S CASCARA QUININE advertisement with logo and text.

Modest Joyrider. "You might let me have your car for the afternoon, uncle."

Cuticura Heals Eczema. It has a tendency to pimples, etc., prevent their return by making Cuticura your daily toilet preparation.

Woman's hand in connection with her slipper has played a very important part in the work of civilization.

Feel Lame and Achy? advertisement for Doan's Kidney Pills.

A Maryland Case advertisement for Doan's Kidney Pills.

DOAN'S KIDNEY PILLS advertisement with logo and text.

TURNING FURS INTO DOLLARS advertisement.

That is the trapper's business. advertisement for Lewis Baer & Co.

For 58 Years advertisement for Lewis Baer & Co.

Immediate Shipments New South Corn Mill advertisement.

PARKER'S HAIR BALM advertisement.

Temperance Notes

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

KEEPING UP WITH THE TIMES.

From the Emergency Fleet News we learn that the Coast Shipbuilding company of Portland, Ore., has started a new fashion in the ceremony of launching.

"When about to launch the 'Cabura,' the first of this month, we bethought ourselves of the waste connected with the following of the time-honored custom of christening a new ship by breaking a bottle of wine across her bows, and although we would advocate nothing to detract from the pleasure and satisfaction of putting a good new ship into the water, we thought at this particular time it would be more appropriate to utilize the money usually spent for a ship's christening for the purpose of aiding the distresses of the dependent children of French and Belgians, and, instead of bedecking the ship with ribbons and smashing the customary bottle of wine, we took the stand which has been placed in the gateway of our yard, containing a slotted milk bottle into which our employees drop from time to time pennies and small change for these dependent children, placed it on the stand at the bow of the ship, attached a substantial piece of money to a small ribbon, placed this money inside of the bottle and drew the ribbon through the slot and tucked it to the bow of the ship.

The young lady who was chosen sponsor for this launching, instead of breaking the bottle of wine when the ship started to move, cut the ribbon, which, figuratively speaking, releases the ship from its attachment to the land, and while she sped upon her way to aid our men at the battle front, she left behind her as an omen of good luck and Godspeed a bit of substantial good cheer to those who have been left to suffer while their parents had gone forth in their protection, as well as the country for which they were offering their all.

"We are mentioning this circumstance thinking it might be of material help in the raising of funds for the care of these dependent children, if the builders of ships generally saw fit to adopt this during the war period as a universal custom."

AMERICA'S ANSWER. Great Britain is deeply impressed with America's solution of the conservation problem as regards beer.

"No more beer will be brewed in the United States after November; that is a simple if drastic way of answering the question of bread or beer. As America sends us grain, it looks as if she is closing her breweries that ours may remain open. It is very doubtful if, supposing the circumstances were reversed, we should do the same for her; but it is a notable example of the determination of the United States to let nothing stand in the way of carrying on the war."

JOINED TO A BETTER MAN. A recent cartoon depicts Miss Barley-Rye turning her back upon Mr. Beer Barrel and walking off with Mr. Flour Barrel who wears a military hat and carries a gun.

TO STOP WHISKY. Whisky will not be dead or ended with the law that makes the traffic illegal. The fight must be continued against illegal whisky, the vilest, most dangerous kind.

ALCOHOL AND DEFENSE. An order issued by the commander-in-chief of the Allied armies, according to L'Abstinence (July 15, 1918), forbids the consumption and sale of "alcoholic and alcoholic drinks" in the army zone.

CHILD CONSERVATION. After one year under prohibition in South Dakota, Superintendent Stuckeman of the State Children's Home reports that "For the first time during twenty-five years of our Children's Home society not a single child has been admitted to its custody on account of booze playing a prominent part in establishing its dependency."

Thirteen thousand abstainers are equal to 15,000 nonabstainers. Give me a teetotal army and I will lead it anywhere.—Lord Roberts.

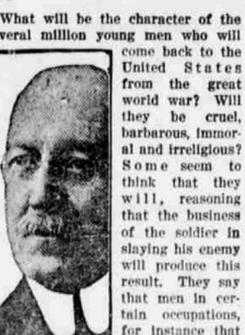
I venture to predict that no advance in the control of preventable diseases of bacterial or infectious origin could accomplish such reduction of the morbidity and mortality of the community as will undoubtedly follow the elimination of alcohol as a beverage.—Elmer Emerson, M. D., Health Commissioner, New York City.

It is claimed by some that alcohol is a food. If so, it is a poisoned food.—Frederick Peterson, M. D., Professor of Psychiatry, Columbia University Medical School, New York City.

Is a Soldier Necessarily Immoral and Irreligious?

By REV. J. H. RALSTON, D. D., Secretary of Correspondence Department, Moody Bible Institute, Chicago.

TEXT—Cornelius, the centurion, a just man, and one that feareth God.—Acts 10:22.



What will be the character of the several million young men who will come back to the United States from the great world war? Will they be cruel, barbarous, immoral and irreligious? Some seem to think that they will, reasoning that the business of the soldier in slaying his enemy will produce this result.

It is claimed, also, that the life of the soldier cannot but result in the lowering of his morals, and that it will almost certainly utterly destroy anything like religious principles. Doubtless some will come back immoral than they went away, and some who went away moral will come back immoral. We believe, nevertheless, that there is no necessary peril in the occupation of a soldier, when the issues of the war in which his country is engaged are righteous and just. Indeed, we believe the contrary result will be far more likely.

Take Bible soldiers, those that belonged to Israel, God's people. There was Joshua, a redoubtable soldier, a great commander-in-chief of the military establishment of Israel in the days of Moses. He was a great fighter, but could say, "As for me and my house, we will serve the Lord." Glendon did not disdain to fight manfully against his enemy, and he was one whose sword was wielded as with the sword of the Lord. There was David, the greatest fighter of his day, fighting from a mere boy to his old age, yet David was a man after God's own heart, and wrote, "The Lord is my Shepherd, I shall not want."

Coming to New Testament times we find several soldiers mentioned, all of the Roman or pagan army. Centurions are mentioned several times, and in every case with commendation. One centurion was a faithful friend of Paul on his journey to Rome. Another went to Jesus and besought him to come and save his child. He was a nobleman, and had built a synagogue for the Jews; and Jesus said his faith was greater than any he had found in Israel. Another centurion said of Christ on the cross, "Truly this was the Son of God." Cornelius was a centurion, "a just man who feared God," and a man of prayer. It is also recorded that he had a servant, a devoted soldier, probably an ignorant barbarian, but one whom the Spirit of God had touched. And it is to be remembered that in those days battles were hand-to-hand and usually resulted in the death of the defeated party.

All through the centuries many great soldiers have been great Christians; and unquestionably a large number of officers and men in the present war are also decided Christians. Never were soldiers of any army so guarded as to morals and religion. The Young Men's and Young Women's Christian associations, the Salvation Army, the church organizations, the camp pastors and chaplains, with hundreds of ministers visiting the camps are giving splendid service in this direction.

The government of the United States has made provision for the protection of the camps at home and abroad from immoral influences to an extent never before attempted, and never before were the prayers of Christian people so earnestly offered for the soldiers as now. Many men are being prayed for who were never prayed for before, and many are hearing the gospel in the camps who never heard it before.

With these considerations and others that might be set forth, it is our belief that men will return more chivalrous, gentle, moral and religious than when they went away. They will come back to be leaders in our churches and in all kinds of religious service like the soldiers who came back after the Civil war, both in the North and in the South, to be the leaders in the churches.

Food for Strength. The spiritual life must be fed. We cannot expect to be alive spiritually unless we are on the alert for spiritual food. If we are following a starvation diet as regards prayer and Bible study, we need not be surprised if we become spiritually feeble.

A gasoline shortage may keep many a family close to the fireside, if there is enough fuel to warrant calling it a fireside.

The only real reason a man can't wear his straw hat all winter is because it makes those who see him uncomfortable.

That influenza epidemic comes along at just the right time for some fellows who are working for the first time in years.

WHAT CAN WE DO?

Some time ago the Red Cross called attention to the need of very simple and substantial layettes. They are given to mothers who are destitute; those whom war has driven from their homes or left without support. The attention of women is called to this work again. Many women know how to do the plain sewing required and are so situated that they can work at home more conveniently than in the Red Cross rooms. Making layettes will appeal to most of them.

Information as to materials and number of garments required, must be got from the Red Cross chapters, and also the patterns, since all are made according to the standard fixed by the Red Cross. The layettes needed for these little ones must be most practical. It is a beautiful work and ought to bless the woman who gives her time and loving thought to it as much as it benefits the little unprepared-for mite that arrives in a chilly world.

The Stage Woman's War Relief is still asking for cast off kid and chambray skin gloves, bits of soft leather—as old sofa covers—and any other pliable leather that can be used for making jackets for aviators. Women are asked to send in the leather and if possible to have gloves cleaned before sending them. Those of chambray skin can be washed, but kid gloves must be cleaned in gasoline. The cleaning is not imperative, but it is greatly desired. Soon we shall have a greater

number of aviators than ever, and the more aviators the more leather jackets must be made for them. Send gloves or other suitable leather by parcel post to the Stage Woman's War Relief, 306 Fifth Avenue, New York City.

Amber Blouses. Flesh-pink chiffon and georgette blouses are being worn so universally now that women of exclusive taste have turned to another tint, and that tint seems to be amber, not yellow, and not tan, but the indescribable golden shade produced by sunlight shining through clear amber. A simple tucked batiste blouse becomes, touched by the magic wand of amber, an exclusive model worth several dollars. Amber chiffon blouses cost still more, and amber organdie trimmed with flit lace is exceedingly distinguished in price.

Modish Lines. Some of the new frocks are made with bodices somewhat on the lines of a sweater. The weight of the skirt is not supported by the bodice; instead, the skirt is carried to the waistline and the blouse is adjusted outside of it, with the merest hint of draping to indicate the position of the waistline without defining it. A frock built upon these lines is of white satin, with the neck cut square at the back and sides. A narrow collar of old blue crepe and cuffs of old blue were the trimming.

Criteria of Elegance in Suits



If women ever wavered in their allegiance to the tailor-made suit for street wear they have repented—not in sackcloth and ashes, but by returning with more devotion than ever to the favorite garb of Americans. Now that fur capes and scarfs provide so much casual grace, along with extra warmth the women of our land are appalled according to their hearts' desire and no one can study them on the streets without appreciating how well the combination suits them. The luxurians note introduced by these fur pieces is just the addition needed by the plain, tailored suit. In the depth of winter we shall see muffs and hats to match those neckpieces. In such an outfit beauty will go beautifully dressed for some months.

In suits as in tailored hats, the line's the thing that is to be emphasized. Decorations are to be sparingly used and are best when they enhance the tailored finish which is the crowning glory of suits. An illustration of this appears in the picture above. These suits are made of wool velours or broadcloth with plain skirts. In one of them the skirt is shoe top length and in the other it is two inches longer. Both coats are three-quarter length; one of them double-breasted with collar of gray squirrel. This coat has a narrow belt of the material, that terminates at each side in a button, and plain coat sleeves with turned back cuffs of squirrel fur. But the finishing touches that will cause the tailor-made admirer to doze upon this suit lie in the small slit pockets, joined to flap pockets by six pin tucks laid in the material with perfect precision.

There is a similar bit of clever finishing in the other suit where tabs, with parallel rows of stitching, are extended above the large, flat pockets. The steves have a small stitched panel set in, and rows of buttons with simulated buttonholes.

Hats of White Beaver. White, furry beaver, in the season's newest shapes, is expected to find favor in millinery circles. High-class manufacturers who are showing them have only the best to say regarding their sale. One attractive hat of this type was a turban with the effect of a tam. It was trimmed with large, flat flowers of white velvet with an edge of white crocheted wool. This combination is said to give support to the assertion made in the trade that the popularity of beaver is going to make for the popularity of flowers this season.

The Apron Front. When making aprons save a piece of the goods about 16 inches square. Hem all sides. Make two buttonholes, one on each corner of the top. Sew two buttons on belt of apron about 16 inches apart. When you are doing dirty work button the square on belts. Saves apron and washing. Can be made of self clothed, then all you do is to cut buttonholes.

Square Jet Buttons. Square Jet buttons are used from the top of the collar to the waistline in one of the new frocks. The collar, which is high and flaring, is held up by wires, for otherwise the heavy, square jet buttons would pull it down.

The Demand for Ties. "The demand for men's ties this fall," said a New York manufacturer, "has some rather significant features in it. We have a customer located on Fifth Avenue in this city who formerly wanted only the best we had to offer, and year by year he wanted good quality. This year he wants good quality and workmanship, but not the most expensive, and bright colors he will have none of, compared to former years. Compare with this some of our customers who are located in other communities which are more strictly manufacturing centers. They need to take the cheapest ties and most subdued colors we could furnish. Now we cannot get anything expensive enough or too brilliant for them."

CASTORIA 900 DROPS advertisement with product image and text.

Poor Mules! A mule skinner from Alabama was brought into a dressing station. His mule was brought down by a German shell and he had three grave wounds.

"How do you feel?" the doctor asked. "Mighty bad," said the mule skinner. Then he added, sadly: "But not because of my wounds, doc. You got me wrong. You see, I was going on my front with my four old mules and a wagonload of death for those damned Huns when a big 'un plumped right in front of us—and it killed all my mules; I feel mighty bad about them animals gettin' bumped off so quick!"

Catarrah Cannot Be Cured by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. CATARRH is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarrah. It is taken internally and acts through the blood on the mucous surfaces of the System. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarrah conditions. Druggists 7c. Testimonials free. F. J. Cheney & Co., Props., Toledo, O.

Bores All Thru. In Mosquito (in the silly night)—I'll just bet that man is one of them newspaper squabblers. In Mosquito—How can you tell, dear? In Mosquito—By the bun humor in his blood.

A Regular Cutup. Smythe—Say, I hear that new minister you have is a comical fellow. Smith—Well, I should say he is. He has hung a sign on the church reading "Fire Escape."

Wanted Information. Professor—The first man was found in India. Professor—Who found him?

When Baby is Teething GROVES BABY BOVINE MEDICINE will correct the stomach and bowels troubles. Perfectly harmless. Directions on its bottle.

Bill Hohenzollern fell down when he undertook to fool all the people all the time.

Sore Eyes, Head-ache, Watery Eyes, itchy eyes, all relieved promptly with alpha by application of Berman Eye Balsam. Adv.

The girl who is the most popular with men in general is the most apt to make one man miserable for life.

SAFE, GENTLE REMEDY CLEANSSES YOUR KIDNEYS. For centuries GOLD MEDAL Haarlem Oil has been a standard household remedy for kidney, liver, bladder and stomach trouble, and all diseases connected with the urinary organs. The kidneys and bladder are the most important organs of the body. They are the filters, the purifiers of your blood. If the poisons which enter your system through the blood and stomach are not entirely thrown out by the kidneys and bladder, you are doomed. Weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, headache, pain in loins and lower abdomen, gait stony, gravel, difficulty when urinating, cloudy and bloody urine, rheumatism, sciatica and lumbago, all warn you to look after your kidneys and bladder. All these indicate some weakness of the kidneys or other organs or that the enemy microbes which are always present in your system have attacked your weak spots. GOLD MEDAL Haarlem Oil Capsules are what you need. They are not a "patent medicine," nor a "new discovery." For 200 years they

have been a standard household remedy. They are the pure, original imported Haarlem Oil your great-grandmother used, and are perfectly harmless. The healing, soothing oil soaks into the cells and lining of the kidneys and through the bladder, drawing out the poisonous germs. New life, fresh strength and health will come as you continue the treatment. When completely restored to your usual vigor, continue taking a capsule or two each day; they will keep you in condition and prevent a return of the disease. Do not delay a minute. Delays are especially dangerous in kidney and bladder trouble. All druggists sell GOLD MEDAL Haarlem Oil Capsules. They will refund the money if not as represented. GOLD MEDAL Haarlem Oil Capsules are imported direct from the laboratories in Holland. They are prepared in correct quantity and convenient form, are easy to take and are positively guaranteed to give prompt relief. In three sizes, sealed packages. Ask for the original imported GOLD MEDAL. Accept no substitutes.—Adv.

WHAT CONSTIPATION MEANS advertisement for Dr. Tutt's Liver Pills.

CASTORIA advertisement with product image and text.

His Sole Reliance. "No matter what the emergency, Brother Johnson," began the presiding elder, "if we trust in the Lord—" "That's about all I can do, just at present, Parson," replied Gap Johnson of Rumpus Ridge. "My fourteen children have got this yur influenza, and when they sneeze in unison the house bulges. I hadn't got no insurance on it, and I'm just setting back and trusting in the Lord that the house will hold together till the children get well."—Kansas City Star.

STOMACH ACIDITY, INDIGESTION, GAS advertisement for Pape's Diapiesin.

Some Exceptions. "Women are not given to abstract reflections." "Aren't they always stealing glances at a mirror?"

ASTHMADOR advertisement for asthma relief.

BABER advertisement for tired feelings.

SAFE, GENTLE REMEDY CLEANSSES YOUR KIDNEYS advertisement for Gold Medal Haarlem Oil.

WHAT CONSTIPATION MEANS advertisement for Dr. Tutt's Liver Pills.

BLACKMAN'S MEDICATED SALT BRICK advertisement for stock remedies.