

THAT CHANGE IN WOMAN'S LIFE

Mrs. Godden Tells How It May be Passed in Safety and Comfort.

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. Godden, 925 Napoleon St., Fremont, Ohio.

Such annoying symptoms as heat flashes, nervousness, headache, irritability and "the blues," may be speedily overcome and the system restored to normal conditions by this famous root and herb remedy Lydia E. Pinkham's Vegetable Compound.

If any complications present themselves write the Pinkham Medicine Co., Lynn, Mass., for suggestions how to overcome them. The result of forty years experience is at your service and your letter held in strict confidence.

General Pershing's Boys Need Something to Fight Cooties with. Glenn's Sulphur Soap

It's the best and wisest thing you can do for your boys in the service with this wonderfully pure soap.

RIFLE SHOT THAT COUNTED American Soldier, Within the German Lines, Wiped Out Party of Boches Who Were Laying Mine.

Private Joseph Moore of the Pershing forces is in a base hospital suffering from shell shock, but 40 Huns were blown to pieces by this Yankee before he was downed.

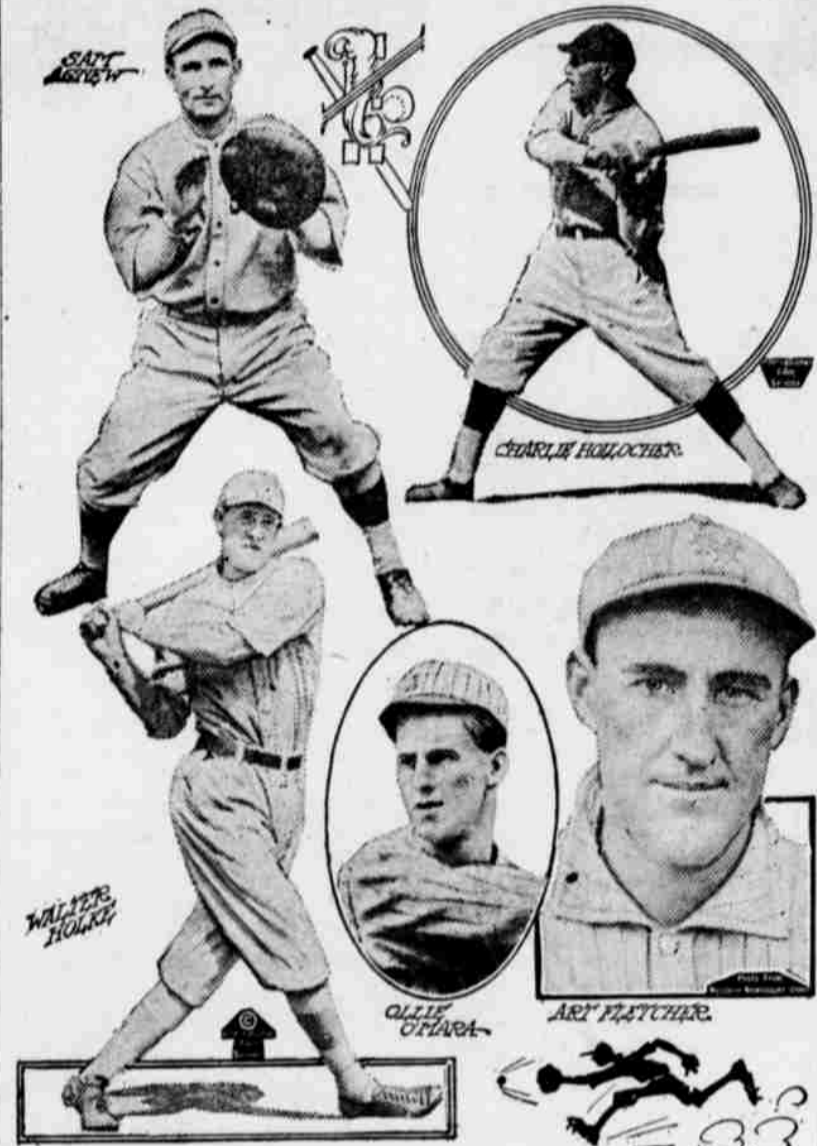
New French Rail Lines. A vast light railway system has been created in France, according to the British war cabinet report for 1917.

Creditors Must Eat, Too. Mr. Thursday—Our friend, Dodge, tells me that he is doing settlement work lately.

The Fortune Hunter. Madge—"Did the count ask you if you would love him?" Marjorie—"No; he asked me if I would marry him."

Nervous People who drink coffee find substantial relief when they change to POSTUM. This pure, wholesome table drink does not contain "caffeine" or any other harmful, nerve disturbing ingredient. "There's a Reason"

ST. LOUIS PLAYERS ARE PROMINENT IN BIG GAMES BUT WEAR ALIEN UNIFORMS



Mound City Boys on Championship Teams.

Thirty years is a long time to wait for a St. Louis club to break into a world championship series. And St. Louis fans are still waiting. Most of the fans who saw the Browns of 1888 compete in the last of their four-time championship series are now wearing long whiskers. It is strangely peculiar, however, that while St. Louis has been unable to produce a pennant-winning club, the talent from which champions are made bobs up a-plenty in this neighborhood, writes Clarence Lloyd in St. Louis Star.

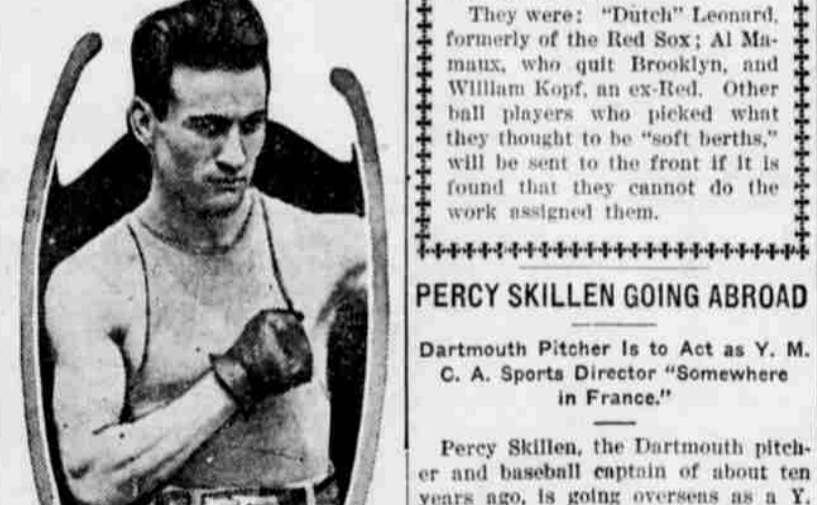
Holocher From St. Louis. For instance, Charley Holocher, a twenty-one-year-old kid who was the bright, shining light of the Chicago Cubs in the 1918 season, is a native of the Mound City.

Save in 1914, when the Braves sprung one of the biggest surprises in baseball history by beating the Athletics in four straight games, St. Louis has had one or more boys on the championship contending teams.

For instance, Walter Holke, the first catcher of the Giants, was the foremost St. Louisan in the 1917 series. St. Louis also lays claim to Art Fletcher, the Giants' shortstop, who although a native of Collinsville, Ill., close by, learned his baseball A B C's in the old St. Louis Trolley league.

WHITE WANTS A COMMISSION Chicago Lightweight Boxer Receives Favorable Recommendation at Fort Sheridan.

Charlie White, the Chicago lightweight, has been giving a good deal of time to the government for nothing. He has been boxing instructor at Fort Sheridan, Ill., since June 14, and so



BASEBALL PLAYERS LOSE SOFT SHIPYARDS BERTH Ball players who fail to make good at their jobs in the shipyards are being placed in the army.

PERCY SKILLEN GOING ABROAD Dartmouth Pitcher Is to Act as Y. M. C. A. Sports Director "Somewhere in France."

Percy Skillen, the Dartmouth pitcher and baseball captain of about ten years ago, is going overseas as a Y. M. C. A. sports director.

ROSEBEN'S MARK STILL GOOD Twelve Years Ago Shaw Rode Memorable Race, Making Seven Furlongs in 1:22.

Many turf followers will remember that it was 12 years ago that Roseben made a new world's record of 1:22 for seven furlongs.

Students' Army Training Corps. It is estimated there are 550 colleges and universities under the direction of Colonel Rees, chairman of the committee on special training of the students' army training corps.

Silver Cups for Amateurs. Amateur Athletic union has donated 15 silver cups emblematic of the United States service cross-country championship to be held by various district associations of the organization at the nearest center to the greatest number of camps in each district this fall.

OLD UNIFORM MUST BE USED NEXT YEAR

None Made After Present Stocks of Goods Exhausted.

Further Restrictions Placed Upon Production of Athletic Supplies and Equipment—Tennis and Golf Are Hard Hit.

The war industries board has put further restrictions upon production of athletic supplies and equipment, and this fact, with added taxes coming, will make any sort of "tool" used in sport next year a precious possession.

The followers of the various branches of sport will note with interest that more leeway is allowed in the matter of the baseball and football outfit than in the case of tennis and golf. This is due not to discrimination, but rather to the fact that greater quantities of rubber are used in the manufacture of the ball used in these games.

In the uniforms department the regulations specify that no material will be available after the manufacturer has used the supplies now in stock. This will affect football and baseball to a far greater extent than will be the case among the golf and tennis players.

During the past year the price of new athletic equipment and repairs to old paraphernalia has mounted in keeping with all other commodities. The cost of all material and labor involved has increased as the player of any game realizes when he takes a tennis racket to be restrung, a golf club to be repaired or sport shoes to be resoled.

HEAR FROM MAROON PLAYERS

Shorty Des Jardien and John Breathed, Football Stars, in Charge of Prison Camp.

Shorty Des Jardien and John Breathed, two members of the Maroon football team, have been heard from. Word has been brought here by Lieut.



VICTORY FOR LADY DOUGLAS Crack Thoroughbred Gainsborough Returned Winner of Three Great Racing Events.

Lady James Douglas' crack thoroughbred, Gainsborough, won the famous St. Leger, which was recently won off at Newmarket, and enabled his owner to add her name to the select few who have won this triple crown of English flat racing by winning the Two Thousand Guineas, the Derby and St. Leger in the same season.

Mort Lindsey in the Navy. Mort Lindsey of New Haven, one of the best tennis experts, has enlisted in the navy.

Guy Nickalls' Son Strokes Victors. The sixteen-year-old son of Guy Nickalls, former Yale University rowing coach, stroked the Eton eight-oared shell crew to victory in their recent race against Shrewsbury and Bedford school crews in England.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.) (Copyright, 1918, Western Newspaper Union.)

LESSON FOR NOVEMBER 24

JACOB AND ESAU RECONCILED.

LESSON TEXT—Genesis 32:1-11. GOLDEN TEXT—A soft answer turneth away wrath.—Proverbs 15:1.

From Bethel, Jacob went to Padan-aram to his mother's people. Here he served Laban for twenty years—fourteen years for his wages and six years for certain wages. In his dealings with Laban he finds his match—two schemers get together—"diamond cuts diamond."

1. Jacob Departs for Canaan (31:1-21).

The time had come for Jacob to go back to his kindred in the land of Canaan. The Lord instructed him so to do (v. 13). Though going forward under the direction of God, his Jacob nature caused him to take clandestine leave of Laban. When Laban realized the situation he went in hot pursuit, but God appeared unto him in a dream and warned him against any act of violence toward Jacob. They formed a compact and Laban returned home.

2. Jacob on the Way (Chapter 32).

Laban's return freed Jacob from the enemy who was pursuing him from behind, but he faced a more formidable one in the person of Esau.

3. Jacob praying (v. 9-12).

Esau made no reply to Jacob's message, but went forward with an army of men, four hundred strong, to meet Jacob. Jacob is in great distress, therefore he casts himself upon God in prayer. This is a fine specimen of effectual prayer. It is short, direct, and earnest.

4. Jacob's school of discipline, Jacob is making some improvement, but still he is under the sway of self-will and self-trust.

5. Jacob gets a new name (v. 28).

He was no longer Jacob, the supplanter; but Israel, a prince of God. His new name was given him after he had a new nature. He came face to face with God, and face to face with himself, and fought the battle to a finish.

6. Jacob meets Esau (33:1-11).

God had evidently wrought with Esau, for when Jacob approached him the sting of bitterness was gone. It was not Jacob's scheming that removed Esau's anger, but the action of the Supernatural upon his heart.

7. Tendency Toward Religion.

The tendency of the times is fast working toward religion. The awful war is making the need of it felt more and more. Men are feeling in their souls that they cannot rely upon themselves.

8. Army Nurses in Peace Times.

There is a corps of regular army nurses maintained in peace times as well as in war times. When nurses volunteer under the Red Cross organization and enter the army service they assume the same status as that of the regular corps of nurses.

9. Immediate Shipments New South Corn Mill

Write for Full Description and prices of this standard, durable corn mill—production, fine, whole, or bran, promptly. Write today.

BRINGS HOME HUN SAVAGERY

Contrast of Present War With That of the Spanish-American Conflict Twenty Years Ago.

One night, 20 years ago, I sat in an army camp in Cuba during the Santiago campaign, listening to a discussion of war weapons. That day some 2,000 men had been killed or wounded in a three hours' battle, which involved all of Shafter's army corps at San Juan hill and at El Caney. The matter which created the most comment was the very small per cent of mortalities in the casualty list. The wounded would nearly all recover, and, except here and there, without permanent injury.

10. Overcoming Hay Fever.

Hay fever is gradually becoming better understood. From the public health reports, it appears that recent investigations have shown only one person in a hundred to be susceptible, while the susceptibles differ widely in the effects produced on them by the various plant pollens that give rise to the disease.

11. Claim and Counterclaim.

The people of a Western city suffered from the escape of the animals from a traveling menagerie and circus. A giraffe, frantic with hunger, thrust his head into the second-story window of an apartment house, and placed in process of deglutition a pan of hot fried doughnuts.

12. Perseverance Does It.

"It's the allies' perseverance that is going to win the war," said Senator Lewis.

13. Case and Comment.

"The allies suffered defeat after defeat, but from each defeat they learned something.

14. Case and Comment.

"Unlucky Wooser: Go ahead. Don't be discouraged. Never say die. You must have learned a lot by what you have gone through.

15. Case and Comment.

"The allies' perseverance that is going to win the war," said Senator Lewis.

16. Case and Comment.

"The allies suffered defeat after defeat, but from each defeat they learned something.

17. Case and Comment.

"The allies suffered defeat after defeat, but from each defeat they learned something.

18. Case and Comment.

"The allies suffered defeat after defeat, but from each defeat they learned something.

19. Case and Comment.

"The allies suffered defeat after defeat, but from each defeat they learned something.

20. Case and Comment.

"The allies suffered defeat after defeat, but from each defeat they learned something.

Had to Give Up Work

Mr. McMurray Was in a Bad Way Until He Used Doan's—They Brought a Quick Cure.

P. K. McMurray, 48 W. Hickory St., Chicago Heights, Ill., says: "I was always a strong man until I was taken with kidney trouble. I worked many years as a blacksmith and this work brought the trouble on. When I was stooped over there was a grinding pain in my back and I couldn't straighten up for four or five minutes. Sometimes it took me half an hour to put on my shoes. I got so bad, I had to lay off work for days at a time. Often I would have to get up a dozen times at night to pass the kidney secretions, and they burned like fire. My feet swelled, and at times they were so hot that I was standing on a hot stove. I had spells of gasping for breath and dizzy spells, too, and my health failed rapidly. I was told that my working days were over, but Doan's Kidney Pills were brought to my attention and before I had used one box, I began to feel relieved. I kept on and by the time I had used ten boxes, I was absolutely cured. All pains left my back and other symptoms of kidney trouble disappeared and I felt as well and strong as ever."

DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

Priests as Aviators.

Catholic priests, who like all Frenchmen of military age, had to join the army, have distinguished themselves in the aviation service. Father Mirabal became an aviator with the "Havk" escadrille and was always the first to volunteer for any perilous mission. The day of the great raid on Karlsruhe, after which the enemy admitted to 257 victims and \$90,000 damages, the machine which carried Mirabal and his pilot, Sergeant Soler, did not return. Father Bonjard, second lieutenant of aviation, is a specialist in destroying observation balloons. He has won the legion of honor.

UPSET STOMACH

PAPE'S DIAPEPSIN AT ONCE ENDS SOURNESS, GAS, ACIDITY, INDIGESTION.

Don't stay upset! When meals don't fit and you belch gas, acids and undigested food. When you feel full of indigestion pain, flatulence, heartburn or headache you can get instant relief.



No waiting! Pape's Diapepsin will put you on your feet. As soon as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them. Adv.

Naturally.

"Is the living he makes on a sound basis?" "You bet it is. He beats the bass drum in a band."

Every Woman.

Maud—"Every woman wants to enlarge her sphere." Beatrice—"True; but not her circumference."

HOW TO FIGHT SPANISH INFLUENZA

By DR. L. W. BOWERS.

Avoid crowds, coughs and colds, but fear neither germs nor German! Keep the system in good order, take plenty of exercise in the fresh air and practice cleanliness. Remember a clean mouth, a clean skin, and clean bowels are a protecting armor against disease.

To keep the liver and bowels regular and to carry away the poisons within, it is best to take a vegetable pill every other day, made up of May-apple, aloes, Jalap, and sugar-coated, to be had at most drug stores, known as Dr. Pierce's Pleasant Pellets. If there is a sudden onset of what appears like a hard cold, one should go to bed, wrap warm, take a hot mustard foot-bath and drink copiously of hot lemonade. If pain develops in head or back, ask the druggist for Anuric (anti-uric) tablets. These will flush the bladder and kidneys and carry off poisonous germs. To control the pains and aches take one Anuric tablet every two hours, with frequent drinks of lemonade. The pneumonia appears in a most treacherous way, when the influenza victim is apparently recovering and anxious to leave his bed. In recovering from a bad attack of influenza or pneumonia the system should be built up with a good herbal tonic, such as Dr. Pierce's Golden Medical Discovery, made without alcohol from the roots and barks of American forest trees, or his Irontic (iron tonic) tablets, which can be obtained at most drug stores, or send 10c. to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for trial package.

Immediate Shipments New South Corn Mill

Write for Full Description and prices of this standard, durable corn mill—production, fine, whole, or bran, promptly. Write today.

AMERICAN CORN MILL CO., Box 27, Watons, N. C.