

HOW THIS NERVOUS WOMAN GOT WELL

Told by Herself. Her Sincerity Should Convince Others.

Christopher, Ill.—"For four years I suffered from irregularities, weakness, nervousness, and was in a run down condition. Two of our best doctors failed to do me any good. I heard so much about what Lydia E. Pinkham's Vegetable Compound had done for others, I tried it and I was cured. I am no longer nervous, am regular, and in excellent health. I believe the Compound will cure any female trouble."—Mrs. ALICE HILLES, Christopher, Ill.

Nervousness is often a symptom of weakness or some functional derangement, which may be overcome by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, as thousands of women have found by experience.

If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.

Disturbed sleep usually comes from some form of indigestion. Strengthen the stomach and stimulate the liver with a course of

Beecham's Pills

Largest Sale of Any Medicine in the World. Sold everywhere. In Boxes, 10c., 25c.



W. N. U., PITTSBURGH, NO. 27-1918.

War Bread. Flatbush—How did you like my serial story? Bensonhurst—About as well as I like my wife's cereal bread.

Cuticura is So Soothing To itching, burning skins. It not only soothes but heals. Bathe with Cuticura Soap and hot water, dry gently and apply Cuticura Ointment. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Ireland's Fishing Statistics. The twenty-fifth annual report of the Congested Districts Board for Ireland says: During the year 1916, \$106,031 was paid to the fishermen by fish merchants for mackerel, the earnings for the previous year being \$2,404. Cork and Kerry got the lion's share, \$45,395 and \$41,287, respectively. Galway making a bad third with \$13,851. The earnings for the herring fisheries for the year amounted to \$56,075, compared with \$58,323 in the previous year. Donegal took first place with \$37,164, then Cork with \$7,334, and Galway with \$6,670. The total quantity of mackerel landed was 185,351 cwt., and the total quantity of herring was 62,091. The total value of wet fish and shellfish of all kinds landed in the congested districts was \$194,821. Besides mackerel and herring, the chief kinds were turbot, brill and sole, \$6,055; plaice, whiting, etc., \$10,064; cod, \$1,657, and haddock, \$1,480.—Fishing Gazette.

Not a Winner. "Is mother home from the bridge party yet?" asked the daughter. "Yes, my dear. She just got back," replied the father. "And did she win a prize?" "I think not." "Pshaw! Didn't she bring anything home with her?" "Oh, yes; she brought home a grouch with her."

The average man is always glad to meet the fool killer for the purpose of sending him next door.

As for the city real estate owner, his power lies in his front feet.

Every Time I Eat POST TOASTIES (MADE OF CORN) Dad says — "Eat 'em up Bob You're saving wheat for the boys in France"

American Efforts in Great War Are Lauded by British Official

By SIR FREDERICK E. SMITH, Attorney General



We in this country realize the immense contribution America is making to the fighting forces of the allies and we are glad Americans are here now to see the spirit of the British and the sacrifices they are prepared to make.

Never has that spirit stood higher and never have the British been more resolute to maintain the struggle, even for twenty years, in order that democracy might win and Germany be shattered.

Undue and excessive expectations were entertained regarding the speed with which the American contribution could be got ready. I never had any illusions on this point. America was called upon to do in one moment a task a hundred times greater than any nation in the world's history has been called upon to accomplish. Never has a nation undertaken such commitments or flung itself more thoroughly into its task.

The very fact that we have with us in this war the sons and grandsons of men who fought in the great struggle between the North and the South is a source of encouragement and a precious consolation. It is well that Englishmen and Americans should be brought together. They should create a warm friendship, as their differences are only superficial.

It is worth at least something that the Anglo-Saxon races, the legatees of a precious civilization, should make an imperishable friendship. If that is the result, then even the shipwreck of this terrible war will not have been entirely for naught.

Ill Health Brought to Millions of People by Lack of Vegetables

By EDWIN F. BOWERS, M. D., in Physical Culture

It is notorious that in this land of plenty and reckless exploitation of natural resources there should be—not thousands but millions—who don't know the taste of a green salad or succulent vegetable, or a ripe orange or grapefruit from one late summer or autumn to the next. Their winter-time conception of a vegetable is a boiled potato or a can of tomatoes.

Hundreds of hotels, thousands of boarding houses and scores of thousands of families—ignorant of the fundamental meaning of a "balanced ration"—hold that peas or rice or beans are "vegetably" enough to accompany a dish of pork or beef.

They ignore—if indeed they ever knew—the fact that rice is a carbohydrate, a starch product, almost identical with the potato or bread they already have—and that peas or beans are a sort of vegetable meat hash, containing 22.85 per cent of protein (a nitrogen product, like meat) and 52.36 per cent of starch.

And all the while these millions are suffering from the lack of essential mineral salts—lime, potash, iron and other elements that enter largely into the composition of bones, teeth, nerves and other cell structures.

As a consequence we Americans have the most rachitic bones, the softest, poorest teeth and the most unstable nerves of any civilized people. A perfect set of teeth is hardly to be found in a child, and among adults they are less frequently met with than are molars among hens.

Vitamins, too, those unanalyzed and indefinable but tremendously important substances that contribute so much to the general physiological "tone" of the body, are missing if lettuce, celery, apples and other uncooked vegetables and fruit are missing from the dietary.

But most of all the "hay"—the bulk, made up of the fiber and cellulose of vegetables—is lacking when vegetables and foods, low in actual food values but rich in water, are lacking. This is the chief reason why the American is the most constipated biped on earth.

Merely Cutting Down Courses in No Sense Lessens Food Consumption

By HARRIET CULVER

Returning again and again, as we must, to the subject of conservation, we find that, after all, we are returning rapidly to the norm.

The period of fads seems to be passing and the wheels are slipping, if not back into the old ruts, at least back where the going is smoother. There's the matter of the course dinner, for instance. The elimination of superfluous courses seemed the most patriotic thing imaginable a few months ago and the hostess who dared to serve a one-course dinner instead of three or four courses was dubbed at once one of our most patriotic women.

But now even the government sees that merely cutting down the number of courses in no sense lessens consumption, but does, as a matter of fact, really increase the consumption of the very foods we are trying hardest to conserve.

Our soldiers may have a penchant for hors d'œuvres, but the government commissariat countenances no such frills, and we presume that they eventually become contented with their restricted but substantial menus.

So, when wishing to ape government simplicity, we also cut out hors d'œuvre, what do we do? Show our patriotism? By no means. We make a still greater demand upon the substantial which the government sorely needs a monopoly of in so far as is possible.

It has been shown that small course meals actually increase the consumption of meat and wheat by 30 per cent because restricted meals do not so readily satisfy and thus extra portions are called for.

Let us, then, if we would be up and doing in true copybook style, go back to the courses that dally with lobster and terrapin and duck, game and sea foods, because by so doing we will be lessening our demand for the staples which the army must and will have. We will be just as good patriots as we were before the war and we'll be steadying market conditions as well.

Besides, we all have a weakness for a varied diet anyway, and it's such a comfort to know we can indulge our palates ad lib., as it were.

PENNSYLVANIA STATE ITEMS

Hazleton.—The Lehigh Valley railroad has started the employment of women to act as bookkeepers and time clerks in the shops at Delano, the Misses Minnie Faust and Augusta Dewey being the first to be put on the job. Women gate tenders, navvies, section hands, car cleaners and car inspectors are in service on local lines.

Little.—Rev. F. W. Fleck, pastor of a local church, is not going to have the edifice cold during next winter. He has appealed to the members to contribute coal and by this means he has secured sufficient fuel to last until next spring.

Shamokin.—His foot catching in fire hose when he was overbalanced and thrown from a firetruck traveling at a speed of fifty miles an hour, Albert DeLong, Jr., of Johnson City, was dragged 200 feet along a hard-surfaced road. He is in a precarious condition.

Carlisle.—Food Administrator H. H. Mentzer, of Cumberland county, apprehended Howard Miller, of Newville, for having in his possession 1000 pounds of sugar and selling it in quantities of from thirty to fifty pounds. Miller was forced to make a contribution of \$100 to the Red Cross.

Reading.—Three suits for \$28,000 damages were brought in civil court here by heirs of Mrs. Annie F. Pensyl against Carl Stegman, a business man, whose auto collided with that of Mrs. Pensyl on a street here last August. Mrs. Pensyl was injured and died some time after.

Harrisburg.—Dairy and Food Commissioner James Foust has ordered the prosecution of a number of firms which are charged by agents of the state with selling cottonseed oil for olive oil. It is alleged that the cottonseed oil has been shipped to New York from southern ports and placed in cans labeled olive oil.

New Castle.—Due to war conditions, there will be hardly a single male teacher in the schools of Lawrence county next fall, County Superintendent of Schools C. F. Ball announced.

Reading.—Hotels here that served sandwiches over the bar may sell only one to each customer, according to a new order by Food Administrator Davies, and each sandwich must be limited to two ounces of bread. The penalty will be steps to have the license revoked.

Shamokin.—Violating a proclamation of the chief burgess in which he placed a ban upon all fireworks, five young men were arrested and heavily fined. Plans are under way to give Shamokin the most memorable Fourth of July in her history without the use of pyrotechnics of any kind.

Johnstown.—Lewis A. Venhart, of Somerset, Somerset county, who was recently reported as missing in France, has been located in a German prison camp at Darmstadt by the American Red Cross.

New Castle.—At the closing session of the national convention of the Finnish Evangelical Lutheran church, representing 33,000 members in America, held here, a resolution was passed unanimously asking congress to eliminate the liquor traffic in America at once.

Hazleton.—Joseph Pontry, of Hazleton Heights, broke local shell making records at the Jeannette from works when he turned out 1832 in an eight-hour shift. The previous high score was 1240 and there is great rivalry among all the munition plant staff.

Watsonstown.—Frederick McCormick upon going out into the hayfield at his home near here, found his son, Oscar McCormick, twelve years old, with his neck fast in the hayrake, dead. No one saw the accident. The boy's neck was broken. The horses stood still, apparently awaiting the command to start.

Collegeville.—Ursinus college has made the study of the German language and literature optional and has added to the curriculum courses in Italian and Spanish. Application has been made to the government for military instruction.

Danville.—While it stood parked near Trinity Methodist church here a new automobile belonging to Rev. R. J. Knox, of Benton, was stolen. The pastor was in the church. No trace of the stolen machine has been found.

New Castle.—A wonderful assortment of relics and old jewelry was placed in the melting pot opened by the D. A. R. in this city. Old watches, loving cups, broken jewelry, tin foil, and other materials were showered upon those in charge.

Montrose.—Three thousand five hundred dollars was pledged at a meeting held in the courthouse for thrift stamps. Lincoln L. Ayers, of Philadelphia, addressed the meeting, as did William H. Warner and Father Broderick, of Montrose county. Chairman Winfield Martin presided.

Reading.—Corporal Irving G. Davis, serving in the army, died in a San Francisco hospital.

Lehighton.—A German employed in the Lehigh Valley railroad yard here, has been arrested for being without a registration card, and his past career is being investigated.

Reading.—The annual donation day of the Berks County Tuberculosis Society for support of Neversink Sanatorium, Reading, realized \$50,000.

Clark's Summit.—Rev. James Myers, pastor of the Presbyterian church here has resigned to accept a call to Poughkeepsie, N. Y.

French Politeness in War Time. The new French "luxury tax" discriminates between men and women, in favor of the latter, bien entendu. Thus, while a man pays a tax if he buys a hat costing more than 16s, women's hats are untaxed unless they are priced in excess of £2. This preferential treatment, says the Temps, parodying a famous phrase, may be gallant, but it is not war. One may add that the difference is even more in favor of women than is apparent on the surface, because the average woman buys at least three hats to the man's one.—London Globe.

A Mean Suggestion. "I would have you know, sir, my family comes of a very old line." "Oh, I dare say, its members have had plenty of rope in their time."

What the modern airship navigator needs is a safety anchor and something to anchor to.

WHO HAS PILES AND WANTS TO CURE THEM QUICKLY?

Men and women of all ages are subject to piles. Weakened systems and various ailments of seemingly minor character very often develop into pile cases. Time to cure them is without delay—and by a process that reaches to the source of trouble.

For 20 years Eagle Pile Remedy has been doing effective work. Mr. H. L. Quackenbush of Clifton, N. J., says: "When given up by all physicians, and too weak for an operation, Eagle Pile Remedy brought me around to a perfect state of health." Write Mr. Quackenbush.

Or order a box today from the Reed Distributing Co., 141 Godwin St., Paterson, N. J. Send \$1 for a trial order.—Adv.

Today is not tomorrow.

The Effects of Opiates.

THAT INFANTS are peculiarly susceptible to opium and its various preparations, all of which are narcotic, is well known. Even in the smallest doses, if continued, these opiates cause changes in the functions and growth of the cells which are likely to become permanent, causing imbecility, mental perversion, a craving for alcohol or narcotics and lack of staying power. Nervous diseases, such as intractable nervous dyspepsia and lack of staying powers are a result of dosing with opiates or narcotics to keep children quiet in their infancy. The rule among physicians is that children should never receive opiates in the smallest doses for more than a day at a time, and only then if unavoidable. The administration of Anodynes, Drops, Cordials, Soothing Syrups and other narcotics to children by any but a physician cannot be too strongly deprecated, and the druggist should not be a party to it. Children who are ill need the attention of a physician, and it is nothing less than a crime to dose them willfully with narcotics. Castoria contains no narcotics if it bears the signature of Chas. H. Fletcher. Genuine Castoria always bears the signature of Chas. H. Fletcher.

Red-Hot Weather! Stomach Off?

No Appetite? Mouth Dry? Tongue Stiff and a Fierce Thirst? Here's Relief!!

Hot, heavy foods and iced drinks often play havoc with bad stomachs in hot weather. The weak ones haven't got a chance. A quickly chilled or overworked stomach is a starter of untold misery for its owner.

When you have that dull, depressed feeling after eating—stomach pains, belching disorders, heartburn or nausea, bowing, food repeating—it is the danger point. You want to look out—and be quick about it in this hot weather.

A way has been discovered to make sick stomachs well and to keep them cool and sweet. It is a commonsense way. No starvation plan of diet is needed. Make this test and see how quickly you get a good appetite in hot weather and enjoy the things you like without misery to follow.

EATONIC Tablets have amazed people everywhere with the marvelous benefits they have produced for thousands of stomach sufferers. Start the test today and let your own stomach tell you the truth.

EATONIC works quick—it absorbs and neutralizes hurtful, poisonous acids, juices and stomach gases caused from undigested foods. Thousands testify that it quickly puts the stomach in a clean, sweet condition—recreates the lost appetite and makes life worth living for the man who likes good things but who suffers every time he eats them.

EATONIC is absolutely guaranteed to do all this and you are to be the judge. If it doesn't rid you of stomach and bowel ills, cries most common in hot weather—you get your money back at once, right from your own druggist whom you know and can trust. No need of your taking a chance of suffering. Start EATONIC today. You will see.

Disqualified. Patience—Is Peggy in your college yet? Patrice—Oh, no, she had to leave. "Why so?" "You know she's tongue-tied, and she never could hope to give our college yell."

One's Life Revealed. "Through a thousand unnoticed openings our inner life is flashed upon the world." A St. Louis spinster was recently kissed in a dark hall, and she hasn't had a light there since.

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 out," unrested feeling when you get up in the morning? Dizzy spells? Bilious? 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 stone 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.

Canada made me Prosperous —that's what thousands of farmers say, who have gone from the U. S. to settle on homesteads or buy land in Western Canada. Canada's invitation to every industrious worker to settle in Manitoba, Saskatchewan or Alberta is especially attractive. She wants farmers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops to feed the world. You Can Get a Homestead of 160 Acres Free or other lands at very low prices. Where you can buy good farm land at \$15 to \$30 per acre that will raise 20 to 45 bushels of \$2 wheat to the acre—it's easy to become prosperous. Canadian farmers also grow wonderful crops of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools and churches; markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Canada, or to O. G. Rutledge, 301 East Genesee Street, Syracuse, N. Y.; F. A. Harrison, 210 North Third Street, Harrisburg, Pa. Canadian Government Agents