

FREE ADVICE TO SICK WOMEN

Thousands Have Been Helped By Common Sense Suggestions.

Women suffering from any form of female ills are invited to communicate promptly with the woman's private correspondence department of the Lydia E. Pinkham Medicine Co., Lynn, Mass.

Out of the vast volume of experience which they have to draw from, it is more than possible that they possess the very knowledge needed in your case.

Every woman ought to have Lydia E. Pinkham's 80-page Text Book. It is not a book for general distribution, as it is too expensive.

Constipation Vanishes Forever. Prompt Relief—Permanent Cure. CARTER'S LITTLE LIVER PILLS.

ONLY THE LITERAL TRUTH. Stories Sounded Like Those of Baron Munchausen, But They Were Actual Happenings.

Some men, dressed in civilian clothes, gathered together in the smoking room of the hotel, discussing the joys and sorrows of life at the front.

"Well, I've been with the army and had a very interesting time," said one. "Ever got really alone with the enemy?" asked another.

"Rather! I once took two of their officers." "Unaided?" "Of course! And the very next day I took eight men!"

"All wounded, I expect," sneered a listener. "You didn't get hurt, did you?"

"Just a slight scratch, that's all. And two days after I took a transport wagon, and followed up that by taking a big gun."

"Sir," said a disagreeable auditor. "I have seen some of the finest specimens of anything you can call to mind, but I wish to state that you are the biggest romancer that ever trod this earth."

"Oh, no, I am not that," replied the hero; "but I am a photographer!"

A Peach. "Pretty! Say, a one-legged man would offer her his seat in a street car."

Every woman is a conundrum that keeps some man guessing.

After all, a marriage license is but another name for a lottery ticket.

Books—Food

To make good use of knowledge, one needs a strong body and a clear brain—largely a matter of right food.

Grape-Nuts FOOD

contains proper nutriment for building body and brain—for renewing the tissue cells that are exhausted daily by work and play.

Grape-Nuts food is made from wheat and barley—contains all their nutriment, including those vital mineral salts found under the outer coat, which are especially necessary for the daily upkeep of nerves and brain.

"There's a Reason" for Grape-Nuts—sold by Grocers everywhere

DID HE DECEIVE THEM?

SCHOOLMASTER'S ASSERTION WAS NEVER VERIFIED.

True or Not, However, It Had the Effect of Making Culprits Own Up to Guilt and Take the Consequences.

Describing the lighter side of school life, Ian Hay, the Scotch novelist, tells of a schoolmaster who called his boys together.

"A very unpleasant and discreditable thing has happened," he said. "The municipal authorities have recently erected a pair of extremely ornate and expensive lampposts outside the residence of the mayor of the town."

"Those lampposts appear to have attracted the unfavorable notice of the school."

"Last Sunday evening, between seven and eight o'clock, they were attacked and wrecked, apparently by volleys of stone."

There was a faint but appreciative murmur from those members of the school to whom the news of this outrage was now made public for the first time.

"Several parties of boys," he continued, "must have passed these lampposts on their way back to their respective houses after chapel. I wish to see all boys who in any way participated in the outrage in my study directly after second school. I warn them that I shall make a severe example of them."

"I will not have the prestige and fair fame of the school lowered in the eyes of the town by the vulgar barbarities of a parcel of ill-conditioned little street boys. You may go!"

The audience rose to their feet and began to steal silently away. But they were puzzled. The Old Man was no fool, as a rule. Did he really imagine that chaps would be such mugs as to own up?

But before the first boy reached the door the head spoke again. "I may mention," he added very gently, "that the attack upon the lampposts was witnessed by a gentleman resident in the neighborhood, a warm friend of the school. He was able to identify one of the culprits, whose name is in my possession. That is all."

And quite enough, too. When the schoolmaster visited his study after second school he found 17 malefactors meekly awaiting chastisement.

But he never divulged the name of the boy who had been recognized, or for that matter, the identity of the warm friend of the school. I wonder!

Canada's 72-Inch Reflector.

Work is progressing rapidly on this instrument, which will be probably, for a short time only, the largest telescope in the world, pending the completion of the 100-inch reflector for Mt. Wilson.

The disk for the great mirror started from Antwerp about a week before the war broke out. After its arrival at New York the Pennsylvania railroad was about a week in finding a suitable car to transport it to Pittsburgh, and then there was further delay before an iron wagon could be obtained to transport it to Doctor Brashear's workshop, where it was finally placed on the grinding table.

The hazardous work of boring and smoothing of the hole in the center of the mirror has been accomplished with entire success. It is expected that the mounting will be completed by October next.—Scientific American.

Motorcycle Ambulances.

The uses of the motorcycle are unlimited. They are used as pleasure vehicles, for delivering messages, packages, and lately are developing into useful conveyances for heavy loads, as they are built more powerfully and with more endurance each succeeding year.

The last word in usefulness is their adoption by several European nations as conveyances for the wounded in battle.

A side-car containing an ambulance stretcher is attached to the machine, the said stretcher being removable so that it can be taken to any part of the field of battle. Much time is saved by using this conveyance, as it can be driven to many places that an automobile cannot penetrate, and much more ground can be covered in less time than a wagon or a corps of men on foot could do.

Appearances Deceptive.

Whilst making his usual daily inspection of the stables the colonel noticed Private Jones giving his horse a piece of lump sugar.

"I am very pleased to see you making much of your horse, Private Jones," he said; "it shows that you regard him with the true spirit, and I will not forget you for it."

Private Jones waited until his commanding officer was out of earshot, and then turned to his neighbor.

"I wasn't making much of him," he said. "The blighter threw me off this morning, and I'm trying to give him the blinkin' toothache."

Guinea Pigs Good to Eat.

That guinea pigs furnish a cheap and appetizing meat is one of the discoveries of German dietitians forced by the necessities of food economy during the war. Scientists are urging the breeding of these prolific animals for food purposes, and it has already become a large industry.

Great Expectations.

Millionaire—A fit husband for my daughter? Why, in the first place, she is half a head taller than you!

Suitor—Well, sir, I don't expect to be so short after I am married.—Bulletin (Sydney).

That Kind.

"You say Addledson is an indefatigable listener?" "Yes. The sound of his own voice never tires him."

TO PREPARE AND USE VEGETABLES

AGRICULTURAL DEPARTMENT EXPERTS GIVE RESULTS OF STUDY AND EXPERIMENT.

UNDERGROUND VEGETABLES

Some Facts About Roots and Underground Stems That Are Eaten as Vegetables—Cooking Starch.

(Prepared by the United States Department of Agriculture.)

Nearly all roots and underground stems that are eaten as vegetables contain large quantities of water, in addition to starch or some similar material, a little nitrogenous matter, and mineral matter.

The selection of potato starch instead of corn or wheat starch for thickening sauces in accordance with the custom of French cooks is rational, since it does not require so long boiling to insure the best results.

In the case of starch still enclosed in plant cells—as is the case with potatoes—the starch should be thoroughly cooked in order that water may penetrate to each individual starch grain and unite with it to form the well cooked material which is considered most wholesome.

Starches from different plants or plant parts differ in the form of the starch grain, so that starches of various plants are distinguished by the aid of the microscope. But from the culinary standpoint they are practically interchangeable, and one form of starch may be substituted for another in nearly all cases.

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there is a tendency to discolor, as with potatoes. More detailed information regarding this new introduction and its preparation will be sent free to the housewife who applies to the United States department of agriculture.

The importance of Properly Cooking Starch.

Starch cookery is a very important subject. That starch may be thoroughly cooked it is essential that every starch grain be brought into contact with water of at least 140 to 178 degrees F.

In the case of starches separated from the plant cells when they were formed (arrow root, corn starch, etc.) cooking is a simple matter, and long continued cooking is seldom needed to make them palatable and in good condition for digestion.

The selection of potato starch instead of corn or wheat starch for thickening sauces in accordance with the custom of French cooks is rational, since it does not require so long boiling to insure the best results.

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More Like It. "Aren't you ashamed of yourself," said Mrs. Trubble, "coming home in the condition you did last night—when I had callers, too?"

"Madam," replied her husband, "you do me an injustice. I was as sober as an owl."

"Yes, as a boiled owl, you mean."

FACE BATHING WITH Cuticura Soap Most Soothing to Sensitive Skins. Trial Free.

Especially when preceded by little touches of Cuticura Ointment to red, rough, itching and pimply surfaces. Nothing better for the skin, scalp, hair and hands than these super-creamy emollients. Why not look your best as to your hair and skin?

Sample each free by mail with Book. Address postcard, Cuticura, Dept. X, Boston. Sold everywhere.—Adv.

When a man sneers it is safe to assume that he is a few notches short of making good.

As it Seemed to Fizzle. "Was your father a pirate?" asked young Fitztop of the girl of his choice at a clandestine meeting, after the old sea captain had urged his exit from the family mansion on the hill by the use of his pedal extremity.

"No, my darling," was the reply. "Why do you ask?"

"He seemed to me to be a good deal of a free-boater," said the young man, reflectively.

The Little Boston Boy. "George," said the Beacon Hill teacher, "what is a hyphen?"

"The little Boston boy settled his spectacles more firmly on his protruberant nose, and answered on the spot: "A hyphen," he said, "is a horizontal line connecting a floating bit of false work with a substantial base. As in Kongo-American and Turco-Christian."

"Yes," said the teacher, "and you might add, Chelsea-Boston."

"Madam," said the little Boston boy, with much gravity, "I decline to make a frivolity of a serious subject."

INDICATIONS OF AN EARLY SPRING Alfalfa PUREST ON EARTH

Great Prosperity Ahead for Western Canada.

The most recent advices from all points in Western Canada report that conditions are apparent for an early spring. Farmers are going over the implements, getting their seeders ready for operation, the plows in shape for extended breaking, and there is a general optimism. A great many new settlers have already arrived, and the reports from Canadian Government agents in the United States point to the fact that in a few days there will begin the usual emigration from various parts of the Central and Western states. From the Eastern states the number of farmers going to Canada will be greater than in any past year.

There has been a fairly large snowfall during the winter, which will greatly aid in the precipitation of last fall, which in the opinion of old-timers was in itself sufficient to insure a good crop during the present year.

There will be very little tilled land that will be without a crop this year. The authorities, though, are pleading with the farmers to seed only such land as has had careful preparation, for rich as is the soil of Western Canada, it is no more fitted to produce good crops uncultivated than is that of any other land anywhere else. There have been accounts of failures in some portions of the agricultural districts of Western Canada, and also reports of small yields in some districts. A good deal of this is accounted for from the fact that notwithstanding the advice of men of experience, there are farmers who will persist in seeding land not properly prepared. This may be done this year, but those who cultivate on reasonable and logical methods will be certain of a paying crop. There is every reason to believe that the high prices of all kinds of grain will continue.

With thousands and thousands of acres of land waiting for the husbandman to bring it forth with a crop, it is no wonder that Western Canada is continuing to prove such an inviting field for the agriculturist.

Seventy million dollars is a conservative estimate of orders which came to Canada as the direct result of the war. Governments of the allies have been placing large orders in Canada and buying huge quantities of supplies for cash.

The total value of exports to Europe from Canada has jumped about 15 per cent since the war started, while in certain lines the increases have been enormous.

Therefore the results of the demand of the allies for war and other material is beginning to be felt in the financial life of many commercial lines, and conditions are fast becoming normal.

Western Canada is receiving a relative benefit to the East.—Advertisement.

Sweet are the thoughts that savor of content. The quiet mind is richer than a crown.

The Cough is what hurts, but the tickle is to blame. Dean's Mentholated Cough Drops stop the tickle—5c at good Druggists.

Look out for domestic squalls after a December-May wedding.

Just Any Kind. Betty and two of her playmates spent an hour shaking Betty's bant; and then rushed to the corner store with the single coin they were able to entice through the slot.

"What's for you, little ones?" asked the storeman.

"Throwing the coin on the low glass case, Betty replied with an air of contented indifference: "Our folks are all rich. Jist give us a cent's worth of any kind of candy."

They Won't. "It is a great pity," said the girl who is popular, "that young men won't arrange their visits on the short-and-sweet plan."

"What is that?" asked the other girl. "Go home early and leave a box of candy."

A man gets down to bed rock when he has to keep the cradle in motion.

From Warsaw to Berlin is a distance of 938 miles.

If you could visit the W. L. Douglas factory at Brockton, Mass., and see how carefully the shoes are made, and the high grade leathers used, you would then understand why they look and fit better, hold their shape and wear longer than other makes for the price.

W. L. Douglas shoes are made of the best domestic and imported leathers on the latest models, carefully prepared by the most expert last and pattern makers in this country. No other make of equal price can compare with W. L. Douglas shoes for style, workmanship and quality. As comfortable, easy walking shoes they are unsurpassed.

The \$3.00, \$3.50 and \$4.00 shoes will give as good service as other makes costing \$4.00 to \$5.00. The \$2.00, \$2.50 and \$3.00 shoes compare favorably with other makes costing \$2.50 to \$3.00. There are many men and women wearing W. L. Douglas shoes. Consult them and they will tell you that W. L. Douglas shoes cannot be excelled for the price.

CAUTION! When buying W. L. Douglas shoes, look for the name "W. L. Douglas" stamped on the bottom. Shoes thus stamped are always worth the price paid for them. For 33 years W. L. Douglas has guaranteed the value and protected the name of his shoes. The price for inferior shoes by having the NAME AND PRICE stamped on the bottom before they leave the factory. Do not be persuaded to take some other make claimed to be just as good. You are paying your money and are entitled to the best. If your dealer cannot supply you, write for Illustrated Catalog showing how to order by mail.

W. L. Douglas, 210 Spark St., Brockton, Mass.

One's True Friends. Three men are my friends—he that loves me, he that hates me and he that is indifferent to me. Who loves me, teaches me caution. Who is indifferent to me, teaches me self-reliance.—Painin.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of J. C. FLETCHER.

In Use For Over 30 Years. Children Cry for Fletcher's Castoria

The real nice girl who knows too much does not give herself a good recommendation by publishing the fact.

Housework Is a Burden. It's hard enough to keep house if in perfect health, but a woman who is weak, tired and suffering from an aching back has a heavy burden.

Any woman in this condition has good cause to suspect kidney trouble, especially if the kidney action seems disordered.

Doan's Kidney Pills have cured thousands of suffering women. It's the best recommended special kidney remedy.

A Nebraska Case. Mrs. Earl Curtis, A u b u r n, Neb., says: "My body was badly swollen and the result of weak kidneys. I suffered from nervous headaches and backache and the doctor didn't seem able to help me. On a neighbor's advice I used Doan's Kidney Pills and the y brought a cure. I have never suffered since, and give this medicine the credit for saving my life."

Get Doan's at Any Store, 50c a Box. POSTER-MELBURN CO., BUFFALO, N. Y.

FOR REAL SERVICE "ALL-WAYS" ALWAYS: Consign your CATTLE, HOGS, and SHEEP to WAGNER, GARRISON & ABBOTT Live Stock Commission Merchants. Sioux City, Iowa Market information, cheerfully furnished upon application.

Are You Giving? Your Body A Square Deal?

Read "The Ills of Life"

This free booklet is a plain statement of plain people as to their experience with Peruna. They are talking about Peruna. They know what they are talking about. Fathers, Mothers, Sisters, Brothers, Grandfathers and grandchildren. They all have had their share of Peruna. Send for one.