

THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering

Marysville, Pa.—“For twelve years I suffered with terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did.”

—Mrs. GEORGE R. NAYLOR, Box 72, Marysville, Pa.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Only women open and read such letters.

Even at Present Prices. “All my wife thinks of is eating.” “Don't discourage her, old chap. Grub comes cheaper than clothes.”—Kansas City Journal.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Not Teaching Polly. Mamma—Tommy, is it possible that I heard you teaching the parrot to swear?

Little Tommy—No, mamma; I was just telling her what she must not say.

ACTRESS TELLS SECRET.
A well known actress gives the following recipe for gray hair: To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Misconstrued. She—Winter sports are so fascinating. He—Well, don't look at me. I'm not even a summer sport.

Bare Eyes, Blood-shot Eyes, Watery Eyes. Rub gently on healed promptly with nightly applications of Roman Eye Balsam. Adv.

How a woman does envy a man when he goes strutting up the street on a rainy day and his skirts don't drizzle.

Misery loves company, but not any more than real happiness does.

“B” is a dangerous letter; it transforms a rainstorm into a brainstorm.



“Da's as fine a goose as I ever saw, Brudder Williams. Where did you get it?”
“Mintah Rawley,” said the carrier of the geese, with dignity, “when you preach a special good sermon I never see you where you got it. Seems to me da's a crin'l matter anyway.”

If anybody asks how you got nervous indigestion, constipation or dyspepsia you couldn't tell, but if you want to get rid of all such painful disorders

Green's August Flower

will act promptly in the relief of all stomach and bowel troubles, and your freedom from pain and discomfort will make you feel that life is again worth living. 25c and 75c at druggists and dealers. 51 years of success.



PARKER'S HAIR BALSAM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at druggists.

PATENTS

Watson E. Coleman, Patent Lawyer, Washington, D. C. Advice and books free. Rates reasonable. Highest references. Best services.

Virginia Farms and Homes

FREE CATALOGUE OF SPLENDID BARGAINS. E. B. CHAFFIN & CO., Inc., Richmond, Va.

FLORIDA FARM FACTS

Manatee County, reputed to have the best soil and best climatic conditions in Florida; 888 growing days; electric light and ice plants; near railroad; tracts from five acres up, on easy terms. WRITE FOR BOOKLET.

J. HENRY STROHMEYER, Sarasota, Fla. Baltimore, Md.

EXCELLENT RETURNS FROM THE CANADIAN WHEAT CROP

United States Settlers Becoming Rich on Western Canada Lands.

The large number of United States settlers coming to the Western provinces of Canada are easily explained by the case of Mr. C. Lacy, late of Wisconsin and later of Alberta.

Mr. Lacy came to Canada from Wisconsin in the summer of 1914 with \$1,500 available cash in his possession. He rented a half-section of partly improved land in Alberta and commenced summer fallowing. He broke 300 acres with oats, 20 with barley, and 200 with wheat. Also he had two cows and 20 head of young live stock. He was fortunate in buying feed at a bargain and managed to rent the adjoining quarter-section as pasture.

A few weeks ago he decided to realize his profits—and they amounted to \$6,000 absolutely clear from the crop and the stock.

W. J. Winstead, of Brooks, Alberta, says:

“I landed in Brooks, March 18th, 1916, with one car of household effects, and nine head of good horses, and less than \$500 in cash. I have put \$1,500 worth of improvements on my farm. I have 21 head of cattle, 16 head of horses, debts all paid, a new automobile, and a good, stiff bank account. At present prices, I can cash in for \$16,000. I am well satisfied, and expect to double this next year.

I have threshed altogether 7,000 bushels of No. 1 Northern wheat from two hundred acres, which went from 24 to 56 bushels per acre.

Seven thousand bushels of wheat, all No. 1 Northern, two thousand bushels of oats, 870 bushels of flax, 700 bushels of barley—all at market prices—well, figure this out for yourself at the market price. I sold 3,100 bushels of wheat at \$1.74, am holding the remainder for \$2.00. Also all the oats, barley and flax for higher prices.”

Intelligent farming pays always according to Alex. Wattle, a prosperous farmer. Some figures to prove his contention that he has “made good.”

In 1914 Mr. Wattle threshed 40 bushels to the acre from a 30-acre crop. This sold for \$1.60 per bushel, which, after deducting seed, labor, twine, threshing and freight, left a clear profit of \$50 per acre, or a total of \$1,500. From last year's crop of 84 acres, just sold, he received after freight had been deducted, \$1,875.44.—Advertisement.

Books of No Avail.

Billy's teacher had written a problem in multiplication on the board and asked: “What table do you use for this?”
“The multiplication table,” said Billy. “What do you use for this?” inquired the teacher.
“You use your head,” responded Billy.

Acid Stomach, Heartburn and Nausea quickly disappear with the use of Wright's Indian Vegetable Pills. Send for trial box to 372 Pearl St., New York. Adv.

Against Women's High Shoes. There is a great cry in England against the high shoes of fashion, because of the leather they consume, unnecessarily. One manufacturer announces publicly that although he is not in sympathy with the style he must make them because women insist upon having them.

MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give “California Syrup of Figs.”

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

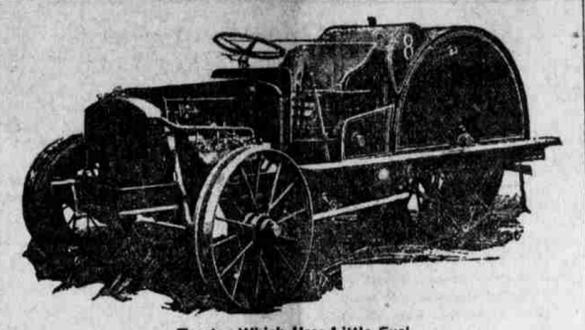
Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of “California Syrup of Figs.” then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough “inside cleansing” is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of “California Syrup of Figs,” which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

One of Them. Guide—Oh, that's Castle de Fournoy. That's the first place where the young Duke d'Or was killed.

Spain devotes 3,500,000 acres to olives.

The less she means it the louder a woman can laugh.



Tractor Which Uses Little Fuel.

HIGH-SPEED ENGINE

ITS POWER TO DRIVE CAR NOT PROPERLY UNDERSTOOD.

No Matter How Many Revolutions, It Can Run No Faster Than the Pace Set by the Travel of the Machine.

The last few years have seen wonderful strides made in the development of the high-speed engine. A short time ago engines which would develop their maximum power at speeds in excess of 1,800 or 2,000 revolutions per minute were marvels of scientific design and workmanship. Today we find gasoline engines produced in this country and abroad which not only stay together at speeds of from 3,000 to 4,000 revolutions per minute, but which actually develop their greatest powers at speeds in the neighborhood of 3,000 turns.

Such engines are the exceptions rather than the rule, however, and the average car of today is driven by a motor which develops its power most efficiently and effectively, probably, at speeds in the neighborhood of from twenty-two to twenty-five or twenty-six hundred revolutions per minute.

But there seems to be a confusion in the minds of many car owners and dealers as to the speed at which a so-called high-speed engine actually runs under normal conditions. A high-speed engine can run no faster than the pace set by the travel of the car, taking into consideration the diameter of the driving wheels and the gear ratio. For example, a “high-speed engine” placed in a car having 34-inch tires and a 4 1/2 to one rear axle ratio will make no greater revolutions per minute at 30 miles per hour car travel than will a slow-speed engine placed in a car driven at the same speed and having the same rear tire size and gear reduction. This means then that a high-speed motor will not “run fast” merely because it is capable of attaining high speed. It does mean, however, that the so-called high-speed motor will be able to deliver a large portion of its highest power at speeds beyond which the old type of motor would show a marked reduction in horse power developed.

Any owner can determine the diameter of the tires on the rear wheels, and he may be fairly certain that the speedometer is correctly adjusted to indicate the actual speed of travel.—H. W. Slunson, in Leslie's.

See Your 'Gas' Measured.

A Springfield, Ill., man has been granted a patent on a gasoline-measuring apparatus for service stations. A new feature lives in the fact that the purchaser sees the gasoline that he is securing and knows that the measure is correct. The fluid is not forced into the tank of the car by a turn of the crank pump, but by means of compressed air. The gas is released simply by opening a valve and letting the air into a jar above the gas tank. While one jar empties another fills and the flow is automatic and constant. It is asserted that the operation of a crank in raising gasoline is often inaccurate. By using five-gallon jars, which have been tested by an inspector, the consumer is able to see that he receives every drop to which he is entitled.

Look Out for Skidding!

When a car is rolling it is a fairly tractable piece of machinery; once it starts to slide, it is not. On a slippery road the car will roll across a bad spot in comparative safety. When the brakes are clamped on, under such circumstances, almost anything is apt to happen. It is not uncommon for a car to swing completely around and end by pointing in the same direction it was going when the wheels were locked. When approaching a slippery spot slacken speed until you know you are safe, then slacken some more. Practically all automobile accidents are divided between the brakes or accelerating in a slippery spot.

Keep Cylinders Tight.

A motor that is subject to considerable vibration is liable to have its cylinders work loose on crank case through loosening of the holding-down bolts or nuts if they are not watched. A wrench should be applied occasionally to make sure that everything is tight. The trouble that arises from loose cylinders runs all the way from leakage of oil to a wrecked motor.

Keep Cells Dry.

When dry cells are used for starting purposes, extreme care should be exercised to keep them in a dry place. Even though the cells may be new any dampness will cause them to short circuit, and when this takes place you will have hard work starting the engine on the magnet.

TRACTOR FOR FARM WORK

Gasoline Machine, With Eight-Cylinder Engine, Has Made Good Record in Plowing Tests.

A gasoline tractor with an eight-cylinder engine has been built by a Minneapolis firm for farm purposes. In recent plowing tests it has made a good record both as to speed and fuel consumption. The engine develops a drawbar pull of 32 horse power on the three-mile gear ratio, and a belt power of 50 horse power. It is equipped with cut-steel gears, roller bearings, a high-tension ignition system, and a double-chain drive, and has only two gear reductions. In plowing an 80-acre field of wet gumbo it pulled six 14-inch plows at a depth of six inches, the engine running on high speed all the time and making an average of four miles per hour; 120 gallons of gasoline were consumed, or one and one-half gallons per acre. Three gallons of cylinder oil were used. It is claimed that this tractor has been able to work in fields too wet for ordinary tractors.—Popular Mechanics Magazine.

STARTING IN COLD WEATHER

Trouble Will Be Avoided by a Little Extra Attention Given to the Gas Engine.

Extra attention to the gas engine is needed in cold weather. It is not an uncommon occurrence for the water in the water jacket to freeze and crack the cylinder or cylinder head, necessitating new parts. The best method of preventing this is to drain off the water when there is the slightest possibility of freezing. Another preventive of freezing recommended by R. A. Andree of the Pennsylvania state college, is the addition of 3 1/2 pounds of calcium chloride to each gallon of water in the hopper.

To start the engine easily in cold weather it may be necessary to warm the gasoline slightly. This may be done by pouring hot water into the hopper or over the carburetor, or by soaking a rag (not cotton waste) with gasoline and holding it over the air intake while the engine is being cranked. To give the fuel a little chance to volatilize, it is well to wait about a minute after the charge is taken into the cylinder before cranking the engine.

PUTS SNOW PLOW ON AUTO

Device Recently Patented is an Innovation That Will Be of Great Use in Many Localities.

A snow plow and bumper for automobiles has recently been patented by Claude C. Hyde of Otisville, N. Y. The plows are attached one in front of each of the front wheels and they clear the snow only from before the wheels, thereby requiring a minimum of power.

They can be raised or lowered at will, and spiral springs make them adjust themselves to variations of the road surface and rise over obstacles. When the plows are not needed they are uncoupled from the ends of the bumper; the ends of the bumper are turned up and covered with screw caps and the bumper is widened by its central coupling.

Motorist's Camp Stove.

Camping is supposed to be a hardening process, and the camper, if he or she follow the logical order of events, will become callous to cold and minor discomforts of chilly mornings and chiller water. But if a camp stove accompany the camper, surely the small room it takes en route and the large amount of comfort it gives in camp can brave any accusations of weakness in heating the roadside tent. Besides, camp stoves are made especially for the motorcar, to be used within them or the tents they so often carry, particularly on tours.

Pity Those Poor Motorists.

Automobile owners who fret at restrictions should have a knowledge of rules and regulations in effect on Prince Edward Island, one of the maritime provinces of Canada. The automobile owners of that island may use their cars only three days a week, and then only for a few miles. Even from Charlottetown, the chief city of the island, the greatest distance they may drive on any road is 16 miles.

Watch the Wheels.

It is wise to make an occasional inspection of the wheels to determine if they wobble. This can be done in two ways—by jacking up each wheel and turning it, standing a few feet away to notice any wobbling, or by allowing someone else to drive the car while you observe wheel movement. Sometimes the wheel itself may run true, but the rim and tire may not be just right, giving the impression that the whole wheel is wobbling.

100 Years Old

“The kidneys play a most important part in causing premature old age and death—the more injurious the poisons passing thru the kidneys the sooner comes decay”—so says a distinguished physician, who further advises all people who are past thirty to preserve the vitality of the kidneys and free the blood from poisonous elements, such as uric acid—drink plenty of water—sweat some daily and take Anuric before meals.

This Anuric is put up in tablet form, and can be obtained at almost any drug store. For that backache, lumbago, rheumatism, “rusty” joints, swollen feet or hands, due to uric acid in the blood, Anuric quickly dissolves the uric acid as hot water does sugar. Discovered by Dr. Pierce of Buffalo, N. Y.

Prevent premature old age by simply sipping a cup of hot water every morning before breakfast, taking a little Anuric before meals and live to be a hundred.

THE REFLECTIONS OF A MARRIED WOMAN

are not pleasant if she is delicate, run-down, or overworked. She feels played out. Her smile and her good spirits have taken flight. It worries her husband as well as herself.

This is the time to build up her strength and cure those weaknesses or ailments which are the seat of her trouble. Dr. Pierce's Favorite Prescription regulates and promotes all the proper functions of womanhood; enriches the blood, dispels aches and pains, melancholy and nervousness, brings refreshing sleep, and restores health and strength. It cures those disorders and derangements incident to womanhood.

A well-known agent which can be procured at all drug stores is “Pleasant Pellets,” made up of the May-apple, the dried juice of the leaves of aloes and the root of jalap. First put out by Dr. Pierce nearly fifty years ago.—Adv.



For PINK EYE

Cures the sick and acts as a preventative for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy. 50 cents a bottle, \$5 a dozen. Sold by all druggists and turf goods houses, or sent express paid, by the manufacturers. Booklet, Distemper, Cause and Cure, free. SPOHN MEDICAL CO., Chemists, Goshen, Ind., U. S. A.

CARE FOR YOUR SKIN

And Keep it Clear by Daily Use of Cuticura—Trial Free.

A hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment clears the skin or scalp in most cases of eczemas, rashes and itching of children and adults. Make Cuticura your every-day toilet preparations and prevent such troubles.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Suggestive Signs. “I presume this gardener of yours is a Carranza sympathizer.” “What makes you think that?” “Because he has Mexican roses for the border.”

Barroom generosity is only skin deep.

PIPE LINE ACROSS OCEAN

Irish Manufacturer Has Scheme Which Will Save Shippers a Considerable Amount of Money Yearly.

An Irish manufacturer has prepared in detail a plan for laying a 16-inch submarine pipe line between the British Isles and America, which, according to estimates, would transmit oil to England at a small fraction of the present transportation cost. The scheme is described in the Popular Mechanics Magazine. As proposed, the pipe would be made of steel ribbon on the helical-tube principle, so as to be flexible. The overlappings of the ribbon as it winds round and round itself would be packed with asbestos twine. The tube would be able to withstand an internal pressure of 2,000 pounds and an external pressure of 10,000 pounds per square inch. Around it would be woven a cotton casing coated with preservative. To give the pipe longitudinal strength a stranded steel cable would be put inside. Twenty vessels would be employed to lay the pipe, each being assigned a 130-mile section. The scheme calls for an outlay of \$50,000,000. It is estimated that the transportation cost per 1,000 gallons per 1,000 miles would be about 50 cents. By tank steamers it is about \$50.

Substantial Token.

“Have you anything on hand to make your engagement practical?” “Sure, pa. A diamond ring.”

Baker's Cocoa

stands all tests of laboratory and home. It is pure, it is delicious, it is healthful.

Walter Baker & Co. Ltd.
ESTABLISHED 1780 DORCHESTER, MASS.

Raise High Priced Wheat on Fertile Canadian Soil

Canada extends to you a hearty invitation to settle on her FREE Homestead lands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta. This year wheat is higher but Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help feed the world by tilling some of her fertile soil—land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think of the money you can make with wheat around \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming in Western Canada is as profitable an industry as grain growing.

60 ACRE FARMS IN WESTERN CANADA FREE

The Government this year is asking farmers to put increased acreage into grain. Military service is not compulsory in Canada but there is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is healthful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

W. S. NETHERY, Room 82, In-tourban Sta. Bldg., Columbus, O.
Canadian Government Agent