# TO ALL WOMEN WHO ARE ILL

## This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My husband and I both praise your medicine to all suffering women."—Mrs. JOHN KOPPELMANN, R. No. 1, McLean, Nebraska.

This famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has been restoring women of America to health for more than forty years and it will well pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.

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


## CHEERFUL HEART GOES FAR

**When You Come to Think of It, the Man With a "Grouch" Is Seldom Popular.**

To keep the face cheerful, the voice cheerful, to do good like a medicine, we must keep the heart cheerful. This is not an easy matter. One does not simply have to say: "I will be cheerful," and then have it so. He has to work for cheerfulness, just as he works to be honest or kind, or brave, or learned. He must be looking out for bright things to see and do. He must deliberately, yet quickly, choose which things he will think about and how. He has to shut his teeth, as it were, sometimes, and turn away from the gloomy things, and do something to bring back the cheerful spirit again. If we are cheerful for others, we are doing for ourselves. Good given, means good sent back. Cheerfulness can become a habit, and habit sometimes helps us over hard places. A cheerful heart seeth cheerful things.—Exchange.

**When He's Happy.**

Mrs Flatbush—Does your husband enjoy good health?

Mrs. Bensonhurst—He doesn't seem to. He's never really happy unless he thinks there's something the matter with him.

**When the Rear Is the Front.**

"What do you hear from your boy at the front?"

"He writes that he is still at the rear."


# Help Save the Canadian Harvest

**When Our Own Harvest Requirements Are Completed**

United States Help Badly Needed
Harvest Hands Wanted

Military demands from a limited population have made such a scarcity of farm help in Canada that the appeal of the Canadian Government to the United States Government for

**Help to Harvest the Canadian Grain Crop of 1918**

Meets with a request for all available assistance to

**GO FORWARD AS SOON AS OUR OWN CROP IS SECURED**

The Allied Armies must be fed and therefore it is necessary to save every bit of the crop of the Continent—American and Canadian.

Those who respond to this appeal will get a

**Warm Welcome, Good Wages, Good Board and Find Comfortable Homes**

A card entitling the holder to a rate of one cent per mile from Canadian boundary points to destination and return will be given to all harvest applicants.

Every facility will be afforded for admission into Canada and return to the United States.

Information as to wages, railway rates and routes may be had from the

**UNITED STATES EMPLOYMENT SERVICE**
CINCINNATI, COLUMBUS, DAYTON, HAMILTON, SPRINGFIELD, YOUNGSTOWN


**Only Thirty Days.**

Gus Peterson hain't care much for dis har society business, but sum tam his wife her drag Gus out and he hav awful tam figering out vote tu du with his hand and feet.

Last veek Missus Peterson took Gus tu dinner party at Vashington hotel and Gus he hav tu set between tu society vimmen. These vimmen tank it bane gude yoke and they try tu talk tu Gus, but ha ain't say vary much.

"A got letter from my son. He's in Yale, you no," said vone of the vimmen.

"Ay got bruther vot bane there tu," Gus say.

"Is that so? Vot year?" ask the vooman.

"He don't got no year," Gus tal her. "He yust punch a Norwegian feller in the eye and the yudge give hem 30 day in yail."—Washington State Weekly.

**Very Much So.**

"How are the German troops doing?"

"I notice by the news reports they are still in the running."

Chicago city morals committee indorses low-necked dresses for women.

Washington schools have dropped German language study.


NO ADVANCE IN PRICE

CROUP
Spasmodic croup is usually relieved with one application of—
Keep a Little Body-Guard in Your Home
VICK'S VAPORUB
25¢—50¢—$1.00

ABSORBINE
TRADE MARK REG. U.S. PAT. OFF.

Reduces Bursal Enlargements, Thickened, Swollen Tissues, Curbs, Filled Tendons, Soreness from Bruises or Strains; stops Spavin Lameness, allays pain. Does not blister, remove the hair or lay up the horse. $2.50 a bottle at druggists or delivered. Book 1 R free.

ABSORBINE, JR., for mankind—an antiseptic liniment for bruises, cuts, wounds, strains, painful, swollen veins or glands. It heals and soothes. $1.25 a bottle at druggists or postpaid. Will tell you more if you write. Made in the U. S. A. by W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass.


Any man who is dead in love with himself should be buried in oblivion.

Be sure you're right, then be sure you're sure.


**Your Eyes** Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggists or by mail 60c per Bottle. For Book of the Eye free write Murine Eye Remedy Co., Chicago.

Soldiers Soothe Skin Troubles with Cuticura
Soap, Ointment, Talcum 25c. each. Samples of "Cuticura, Dept. E, Boston."

PATENTS Watson E. Coleman, Washington, D.C. Books free. Highest references. Best results.

Rich Delta Farm and TIMBER LANDS. Write Churchill & Nelms, Memphis, Tenn.


**No Kick Then.**

The motorcar dealer met an undertaker one afternoon to whom he had recently sold a second-hand car.

"Well, Lane," said the dealer, "how about that car I sold you? Everything going satisfactorily?"

"Well," replied the undertaker, "it did give me a little trouble at first. I used it for a mourning vehicle, you know, to carry the mourners and friends, and they don't like to be shook up in their grief. But now I'm using it as a hearse, and I haven't had any complaints so far."—Harper's Magazine.

**She Wrote It.**

The mother of an eight-year-old girl wished to send her on an errand to the grocery.

"Get a can of peas," said the mother; they're little peas. I think they are called Lilliputian peas."

"I can't ever remember that name," said the small girl.

"Very well," said the mother, "then write it down."

And this was the puzzle she presented the grocer:

"One can Lilly Puh Shun peas."

**Salesmanship.**

"What is your idea of a good salesman?"

"A bald-headed barber who can sell hair tonic."

A cynic is a person who says hateful things because he is unable to attract attention any other way.


SAVING WHEAT is only one good point for POST TOASTIES (MADE OF CORN) —says Bobby

# GOVERNMENT EXPERTS' ADVICE ON HOW TO CAN

## VEGETABLE MIXTURES

Attractive and economical vegetable mixtures to be served in salads, with omelets, escalloped dishes, and garnishes for meat dishes can be canned at home. This by-product may be canned often when small quantities are left from packing different vegetables whole. Any desired combinations may be made. Vegetables maturing in the same season should be used. A good combination for the spring would be carrots, peas, string beans and onions. A mixture which could be made from the fall garden might consist of peppers, celery, onions and small lima beans. (Beets cannot be used in such mixtures because they discolor the entire contents of the jar.) All these vegetables are prepared separately as for canning and packed in layers in previously boiled jars. Each layer should be packed as tightly as possible before the next is added. When the jar is filled, cover with brine (2½ ounces of salt to one gallon of water). Partially seal jars.

Processing with steam under pressure is recommended. Process pint jars 45 minutes under pressure of ten pounds. Seal immediately and cool in a draft-free place. When cold test for leaks and store in a cool, dark, dry place.

If the intermittent boiling process is used, boil for 90 minutes on the first day, and 60 minutes on the second and third days. Before each subsequent boiling the covers must be loosened, and after each boiling the covers must be securely tightened to make sealing complete. Cool, test for leaks and store.

If a single-period boiling process is used, place jars in the canner and boil for at least three hours. Seal, cool, test and store.—United States Department of Agriculture.

## GREENS OR POTHERBS

A large number of cultivated and wild greens are edible, and when canned make succulent and valuable food for the winter and spring months. Among the cultivated greens are Swiss chard, kale, Chinese cabbage leaves, upland cress, French endive, cabbage sprouts, turnip tops, young, tender New Zealand spinach, beet tops, dandelion, young, tender dasheen sprouts, native mustard, Russian mustard, collards, and tender rape leaves. Among the wild greens are pepper cress, lamb's-quarter, sour dock, smartweed sprouts, purslane, pokeweed sprouts, dandelion, and milkweed (tender sprouts and young leaves).

Can greens the same day they are picked. Wash clean, sort thoroughly, allowing no foreign weed leaves or other vegetable matter to remain. Rid the greens of all sand, dirt, and dry, decayed or diseased leaves. Place the greens in a crate or cheesecloth and blanch in live steam either in an improvised homemade steamer, or regular commercial steamer, for 15 minutes. Remove the greens and plunge quickly into cold water. Remove to a freshly scalded pan or vessel and cut into convenient lengths. Pack into hot jars, add hot water to fill the container, and season to taste. If desired, a few strips of bacon, chipped beef, beef, or olive oil may be added to the greens. Partially seal jars.

Processing with steam under pressure is recommended. Process pint jars 40 minutes under steam pressure of ten pounds. Seal immediately, cool in a place free from drafts, test for leaks, and store in a dark, cool, dry place.

If the intermittent boiling process is used, boil for one hour on each of three successive days. Loosen the covers before each subsequent boiling, and after each boiling seal completely. Cool, test for leaks, and store.

If the one-period continuous boiling process is used, boil for at least two hours. Seal immediately, cool, test for leaks, and store.—United States Department of Agriculture.

## PEAS

Green peas are among the most difficult vegetables to can at home. Absolute cleanliness, quick work, attention to every detail, are essentials to success. Only young and very freshly gathered peas should be canned. Peas are best gathered in the early morning when cool. Work rapidly from the moment they are gathered. Peas should not stand after being shelled. Get them into the previously boiled jars as rapidly as possible. Shell and sort, putting only peas of the same size and degree of ripeness together. Do not use hard, mature peas among tender ones or big peas with very small ones.

Blanching (dipping into hot water) is very important. If well done, it prevents cloudy liquor, makes the peas tender, and also removes some of the gluey substance which coats them.

Blanch by dipping the shelled peas in a clean cheesecloth sack, into boiling water one to four minutes, depending on the age of the peas. Put instantly, while hot, into cold water, (one teaspoonful salt to one quart water) and remove after about 30 seconds.

Drain and pack to within one-half inch of the top of the previously boiled jar. If the jar is filled too full, a few peas at the top may burst and make the liquor cloudy. Add seasoning (one-third level teaspoonful salt and two-thirds level teaspoonful sugar to the quart) and fill with hot water and paddle well to remove all air bubbles. Partially seal jars.

Processing with steam under pressure is recommended. Process pints 45 minutes under pressure of 10 pounds. Seal immediately, cool in a draft-free place. When cold test for leaks, and store in a cool, dark, dry place.

If the intermittent boiling process is used, boil for 90 minutes on the first day, and 60 minutes on the second and third days. Before each subsequent boiling the covers must be loosened, and after each boiling the covers must be securely tightened to make sealing complete. Cool, test for leaks and store.

If a single-period boiling process is used, place jars in the canner and boil for at least three hours. Seal, cool, test and store.—United States Department of Agriculture.

## OKRA

To can okra select young tender pods. Remove stem without cutting the seed pod. Blanch by dipping into boiling water from three to six minutes. Plunge immediately into a cool salt bath (one teaspoonful salt to one quart of water). Remove at once. Pack into previously boiled jars, cover with hot brine (two and one-half ounces salt to one gallon of water). Partially seal jars.

Processing with steam under pressure is recommended. Process pint jars 30 minutes under steam pressure of ten to fifteen pounds. Seal immediately, and cool in a place free from drafts. When cold test for leaks, and store in a cool, dark, dry place.

If the intermittent process is used, boil for one and one-fourth hours on the first day and one hour on the two succeeding days. Loosen the covers on the jars before each successive boiling, and seal completely after each boiling. Cool, test for leaks, and store.

If the single-continuous boiling period is used, boil for at least two hours. Seal, cool, test for leaks, and store.—United States Department of Agriculture.

## BABY BEETS

The following recipe for canning baby beets is applicable to carrots. Only young, tender beets should be canned to get a high quality product. The best variety for canning is the Detroit.

Sort the beets, putting uniform sizes together. Cut the stems off, but be careful not to cut off too closely or break the root. This will cause loss of juice, color and flavor. Boil in an enameled pan until three-fourths done, peel, pack hot in layers in previously boiled jars, fitting the second layer into the spaces left by the first layer and repeating. Cover with clear hot water; partially seal the jars and boil them in a water bath for one hour continuously, counting from the time the water boils again around the jars.

Do not allow cold water to touch the beets after they have been cooked. If beets are packed in tin the cans used must be inside-lacquered. Beets 1⅛ inch in diameter and over should be cut or sliced before packing into jars. When a steam-pressure canner is used, process pints 30 minutes under five pounds steam pressure.—United States Department of Agriculture.

## TOMATO SAUCE OR PUREE

If a more economical utilization of space within the jar is desired, a more concentrated mixture of tomatoes can be packed. This also provides for the use of small or broken tomatoes and large tomatoes unsuited for canning.

Cut the tomatoes and add one large-sized onion chopped and one cupful of chopped sweet red pepper to each gallon of cut tomatoes. Cook until tender, put through a sieve and add a third teaspoonful of salt and two-thirds teaspoonful of sugar (mixed) to each quart of pulp. Cook to the consistency of ketchup, stirring constantly. Pack hot in boiled jars and process as for tomatoes.—United States Department of Agriculture.

**SHOW YOUR COLORS.**

RED Berries,
WHITE Cherries,
BLUE Plums,
Home-canned for winter use.

**Self-Supporting.**

"Of course, you read up on agriculture."

"Yep," replied Farmer Corntossel. "I expect to make enough off the farm this year to buy books to teach me how to run it."

**Its Speedy Class.**

"What kind of a cycle is the world living in now?"

"I rather think it is a motor-cycle."

**His Disappointment.**

"I found a letter lying on the sidewalk this morning," grumbled old Riley Rezzidew of Petunia. "It was signed 'Lucile,' and at first looked as if it might be worth reading. But when I had read the first line or two, which said, 'John and I went to Bethel to the big singing last Sunday,' I just throwed it down again. What kind of a letter was that to lose on the public street?"—Kansas City Star.


# Don't Poison Baby.

FORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and a FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: *"A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death."* The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. CASTORIA DOES NOT CONTAIN NARCOTICS, if it bears the signature of Chas. H. Fletcher.

Genuine Castoria always bears the signature of Chas. H. Fletcher.


**Of Course You've Noticed That.**

When a young man gets too fresh somebody is sure to favor him with a withering look.


**Fiery Red Pimples.**

A hot bath with Cuticura Soap followed by an application of Cuticura Ointment to distressing eczemas, etc., proves their wonderful properties. For free samples address "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.


**One Thing That Holds Its Own.**

Everything else is getting smaller—doughnuts and cakes and pies—but the "piece of mind" we get from our critics is the same old regulation size.—Memphis Commercial-Appeal.

Few women can manage a flirtation without bumping up against a lot of troublesome complications.

**Some Exceptions.**

"Talk is cheap."

"I didn't find it so when I got mad and talked back to the judge."


ASTHMADOR
AVERTS - RELIEVES
HAY FEVER
ASTHMA
Begin Treatment NOW
All Druggists Guarantee

DAISY FLY KILLER placed anywhere, attracts and kills all flies. Neat, clean, ornamental, convenient, cheap. Lasts all season. Made of metal, can't spill or tip over; will not soil or injure anything. Guaranteed effective. Sold by dealers, or 6 sent by express, prepaid, for $1.00.
HAROLD SOMERS, 150 DE KALB AVE., BROOKLYN, N. Y.

W. N. U., CINCINNATI, NO. 33--1918.


# GOOD-BYE BACKACHE, KIDNEY AND BLADDER TROUBLES

For centuries all over the world GOLD MEDAL Haarlem Oil has afforded relief in thousands upon thousands of cases of lame back, lumbago, sciatica, rheumatism, gallstones, gravel and all other affections of the kidneys, liver, stomach, bladder and allied organs. It acts quickly. It does the work. It cleanses your kidneys and purifies the blood. It makes a new man, a new woman, of you. It frequently wards off attacks of the dread and fatal diseases of the kidneys. It often completely cures the distressing diseases of the organs of the body allied with the bladder and kidneys. Bloody or cloudy urine, sediment, or "brickdust" indicate an unhealthy condition.

Do not delay a minute if your back aches or you are sore across the loins or have difficulty when urinating. Go to your druggist at once and get a box of imported GOLD MEDAL Haarlem Oil Capsules. They are pleasant and easy to take. Each capsule contains about one dose of five drops. Take them just like you would any pill. Take a small swallow of water if you want to. They dissolve in the stomach, and the kidneys soak up the oil like a sponge does water. They thoroughly cleanse and wash out the bladder and kidneys and throw off the inflammation which is the cause of the trouble. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gallstones, gravel, "brickdust," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs. Your druggist will cheerfully refund your money if you are not satisfied after a few days' use. Accept only the pure, original GOLD MEDAL Haarlem Oil Capsules. None other genuine.—Adv.

# Watch Your Stomach In Hot Weather

## A Cool, Sweet, Strong Stomach Your Best Safeguard Against Summer Sickness

"Keep your stomach in good working order during the hot summer months and you will have little to fear in the way of sickness" the advice many physicians give as hot weather approaches.

Good, sound, common sense advice, too. For very frequently, and especially in hot weather, these common stomach disorders which so many people seem to regard as of minor importance, do open the way for serious illness.

So keep your stomach sweet, cool and comfortable all summer long. The extra war work—change of diet—poisons that come with hot weather—all hit us in the stomach. The strongest stomach will need help this summer as never before.

The one easy way if you have the right remedy is to rid the stomach of too much acid. Because it's superacidity that interferes with digestion and assimulation, and this causes about all those stomach miseries you are so familiar with—heartburn, food repeating, indigestion, sour, gassy stomach and that miserable, bloated, puffed-up condition after eating.

Now here is good news. An easy, sure relief has been found to get rid of the harmful acidity and gases in the stomach. It is called EATONIC, a good tasting compound that you eat just like candy. A tablet or two of EATONIC after meals will work wonders. You can have no idea of what sure, quick comfort EATONIC brings until you do try it. Use EATONIC after your meals, enjoy a good appetite and get full strength from the food you eat. At the same time protect yourself from summer stomach and bowel miseries.

Get a big box of EATONIC from your druggist today. He will tell you that people who have used EATONIC say that they never dreamed that anything could give such quick and wonderful results. It costs only 50c a box and if it fails in any way, your druggist, who you know and trust, will return your money.

160 ACRE FARMS IN WESTERN CANADA FREE

Get under the Shower of Gold

coming to farmers from the rich wheat fields of Western Canada. Where you can buy good farm land at $15 to $30 per acre and raise from 20 to 45 bushels of $2 wheat to the acre it's easy to make money. Canada offers in her provinces of Manitoba, Saskatchewan and Alberta

**160 Acre Homesteads Free to Settlers**

and other land at very low prices. Thousands of farmers from the U. S. or their sons are yearly taking advantage of this great opportunity. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. Good schools; markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. Immigration, Ottawa, Canada, or to

W. S. NETHERY, Room 62, Interurban Sta. Bldg., Columbus, O.
Canadian Government Agent