

RECEIVING WAR CROSS



The patriotic spirit and devotion with which American women have so far performed war-service work and made sacrifices has never been equalled in the history of any country. Mothers, wives and sisters support this burden with strength and fortitude. But those who are already miserably

from the complaints and weaknesses which are so common to women, should take the right tonic for the womanly system. If a woman is borne down by pain and sufferings at regular or irregular intervals, by nervousness or dizzy spells, by headache or backache, "Favorite Prescription" should be taken. "Favorite Prescription" can now be had in tablet form as well as liquid at most drug stores. Send to Doctor Pierce's Invalids' Hotel, Buffalo, N. Y., for a ten-cent trial package of tablets.

For fifty years Dr. Pierce's Pleasant Pellets have been most satisfactory in liver and bowel troubles.

Hamilton, Ohio.—"I can safely say that Dr. Pierce's medicines have saved my life. About ten years ago I was sick all the time, got so weak and nervous I could hardly walk around. I had woman's trouble and stomach trouble and almost everything ailed me. I thought that I would never be well again. One day I read a little book that had been thrown in the yard, and I learned about Dr. Pierce's remedies so I walked along slowly to the drug store and purchased two bottles, one of 'Favorite Prescription' and one of the 'Golden Medical Discovery,' and after taking two bottles of each I felt like a new woman."—Mrs. M. L. Stewart, 910 McGlynn St.

Vocalization.
"I should think your conscience would remind you that it's wrong to demand such a salary."
"Oh, no," answered the prima donna.
"The still, small voice of conscience is very well in its way. But nobody buys tickets at the box office to listen to it."

STOMACH UPSET?

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

Your meals hit back! Your stomach is sour, acid, gassy and you feel bloated after eating or you have heavy lumps of indigestion pain or headache, but never mind. Here is instant relief.



Don't stay upset! Eat a tablet of Pape's Diapepsin and immediately the indigestion, gases, acidity and all stomach distress ends.

Pape's Diapepsin tablets are the surest, quickest stomach relievers in the world. They cost very little at drug stores. Adv.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root, a physician's prescription for special diseases, makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this name.—Adv.

Chopping Him Off.
"Say!" snarled an impatient customer in the rapid-fire restaurant. "Do I get a little service, or don't I?"
"What d'ye want—to have year beans loaded into a glass pistol and shot into yeh?" sarcastically returned Heloise, the waitress.—Kansas City Star.

ASTHMADOR

GUARANTEED TO INSTANTLY RELIEVE **ASTHMA** OR MONEY REFUNDED—ASK ANY DRUGGIST

PISO'S

SAFEGUARDING THE HOME

Simple Directions on Home Nursing
By JANE A. DELANO
Director Department of Nursing
American Red Cross

AN Ounce of Prevention Is Worth a Pound of Cure

SIMPLE SICKROOM METHODS

If a member of your family gets sick, or shows decided signs of approaching illness, put the patient to bed and then call a physician.

Choose a room that is quiet and sunny, and as far removed as possible from other members of the family.

Fresh air is especially needed by all sick people, but a ventilated room does not mean a cold room. The window should be opened at the top and bottom for a few minutes once every hour, to keep fresh air circulating through

the room, but take care to protect the patient from direct draft, at all times. Use extra covers, if necessary.

Don't allow more than one person in the sick room at a time, unless needed to help in lifting or moving, and keep away other members of the family.

Only the patient should occupy the bedroom, and it is important to remember that all sick people are sensitive to noises; such as flapping curtains, squeaky doors and rocking chairs, rattling windows, ticking clocks, sticking bureau drawers, rustling newspapers or over-starched skirts. Never whisper in the sickroom; it annoys the patient.

If there seems to be high fever, severe headache, cold applications on the head will relieve. If the patient complains of chill, or feeling cold, put hot water bottles, securely corked and well covered, at the back and feet.

Give the patient plenty of cold water to drink; it helps to wash away the wastes from his system.

If his throat is sore, have him gargle it with salt water—one teaspoonful to a pint of boiling water. Cold or hot applications on the throat are soothing.

Give no medicine unless ordered to do so by the doctor, with the possible exception of a mild dose of castor oil, if needed. Don't take it unless needed, however. It is unwise to give a physic as a routine measure.

Don't kill the patient with kindness, and don't overfeed him. If there is fever, give him milk and strained broths; if there is no fever he may have, in addition to the milk and broth, tea, toast, plain boiled rice, or the lighter cereals.

It is highly important that certain dishes and cooking utensils be set aside for the sole use of the patient. If it is impossible to wash them there, they should be carried in a pan to the kitchen, and boiled before washing.

Scraps of food left on the tray after the patient has eaten should be put in a paper bag and burned.

The person caring for the patient should remember to wash her hands frequently, especially before leaving the room to mingle with other members of the family. She must also remember, for her own protection, to keep her hands away from her mouth and nose at all times. It is said that 90 per cent of contagious diseases are taken through the mouth and nose.

If the sickroom is kept well aired, clean and tidy, disinfectants will not be necessary, and should not be used unless a physician advises. All unnecessary furniture should be removed from the sickroom, so that it can be easily cleaned. Remove dust from the floor and carpet with a damp cloth wrapped around the broom.

Use clean cloths or paper napkins to remove the discharges from the mouth and nose. Burn these after being used. Old cloths and cotton used to receive any other discharges, including vomit material, should be placed in a paper bag and burned immediately.

Solled handkerchiefs, which may not be burned, should not be placed under the pillow; they help to spread the disease. Keep them in a paper bag near the bedside. Before being sent to the laundry, they should be put in a pan filled with water and a little washing soda and boiled.

In order to keep from breathing in the germs of influenza and pneumonia, which are expelled into the air from the patient, the attendant should wear a contagion mask. This is made by folding together six thicknesses of gauze, eight inches square and attaching tapes to the four corners. Tie the mask over the mouth and nose.

It is very unwise for the person who has been seriously ill to get up too soon, or try to go to work until they are feeling entirely well and strong.

KITCHEN HYGIENE

A clean, well-cared-for house is desirable for all times, but a clean kitchen is an absolute necessity in

MAINTAINING HEALTH AND PREVENTING THE SPREAD OF DISEASE.

The most scrupulous care should be exercised wherever food is stored and prepared.

Be sure that no germs are allowed to live in the place where food for the entire family is prepared.

The kitchen, as far as possible, should be bright, airy, easy to clean, and should have no dark corners.

All cooking utensils should be thoroughly washed, scalded and dried before they are put away. The danger of using badly washed dishes is evident to everyone.

When sinks and shelves are washed, dirty water should not be allowed to stand in the cracks to draw insects and breed germs.

Dish cloths and towels should be washed and boiled after using, and if possible dried in the sun. The sun and fresh air are the best germ killers in the world.

Every place where food is kept should have constant care. The refrigerator must be kept absolutely clean; all movable parts should be taken out of it and thoroughly washed once a week.

At that time the pipes and drains should be cleaned, racks thoroughly washed with hot water and soap suds, rinsed, placed in the sun and aired, and the interior rinsed with hot water, and then cold water, dried and left to air for an hour.

Too much emphasis cannot be placed on the importance of special care for all dishes and cooking utensils sent to the kitchen from the sick room. They should be scalded before drying.

At the termination of the illness, such dishes should be boiled briskly for ten minutes before being returned for general use.

The same set of dishes for the patient should be used every day and kept in a place separate from the family dishes. If no safe place can be found, they should be kept in the patient's room covered with a clean napkin until needed.

Attention should also be paid to the hands of the person cooking. They should be washed always before handling food. After using the handkerchief or coming in direct contact with the nose or mouth, wash the hands before touching the food.

Care should be taken not to cough or sneeze in the neighborhood of food, especially food to be eaten raw, and if the person cooking has a bad cold she should take particular care to keep her hands clean.

Food for the sick should always be most carefully prepared, and be as invitingly served as possible.

Trays, dishes, put cloths and napkins for the patient must be absolutely clean. Paper napkins are better than soiled linen.

The trays should not be overloaded with food. The sight of too much food frequently takes away the appetite. It is safer to err on the side of serving too little than too much.

Food left on the patient's tray should be burned; it should not be eaten by anyone else, or placed in the pantry or refrigerator with other food.

Keep the kitchen clean, keep the food clean and lessen the danger of infection from that point.

Famous Old London Building.

The appointment of lieutenant of the Tower of London carries with it the tenure of the lieutenant's house, which boasts of historical associations, if ever any house did. It was built in the reign of Henry VIII, and was used as a prison for More, Surrey, Essex, Coke, Jeremy Taylor, William Penn and Algernon Sydney. There are two other small houses provided for the lieutenant's servants, and in these Lady Jane Grey was held captive and Sir Walter Raleigh wrote his "History of the World." In those "good old days" the fees charged the prisoners added quite materially to the lieutenant's salary.

Scots All Lovers of Dogs.

Scotland is a great sheep-growing country, yet it loves the dog; gives him his due in life and reverts him in death. At the castle in Edinburgh there is a little plot of ground where the dogs of the Scottish soldiers are buried; it is a charming spot, and on many little tombstones there are tender tributes to departed friends. In front of Saint Giles cathedral in the same noble city, there is a monument to a little skye terrier, and upon it, carved in stone, an inscription to Robbie, who refused to leave the church yard where his master was buried, and died upon his grave.

Nero's Golden Palace.

The golden house was the palace of Nero in ancient Rome, which occupied the valley between the Palatine and Esquiline, and connected the palaces of the Caesars with the gardens of Maecenas. It was built after the great fire of 64 A. D., and was so large that it contained porticos 2,900 feet long and inclosed a lake where the colossal now stands. The forecourt contained a colossus of Nero 120 feet high.

Secrets of the Salmon.

A single scale from a salmon will tell you its owner's age, and whether his pickings have been slim or the opposite. When viewed through a microscope, the scale will reveal tiny lines, which have developed at the rate of 16 a year. Lines crowded close prove that the salmon has been living high. Lines widely spread indicate a scant diet.

Only One Town.

Previous to the great war, the only town in the old world ever captured by the United States was the town of Derne, in Tripoli, which was taken by an American force under General Eaton in 1804.

MADE GERMAN AIRMAN SORE

That Opponent Did Not Adhere to Ordinary Rules of Fighting Seemed to Him Unfair.

Set strategy doesn't always work. But the German mind can't understand anyone's abandoning a fixed method.

"The sorest man I have ever seen," said an American aviator, "was Lieutenant Meinkopf, the star Boche flyer, when he was nipped by Lieutenant Avery. Meinkopf was Baron Richtofen's successor and the best flyer that Germany had left.

"When Avery tackled him, he abandoned all set principles of air strategy, simply sailed in and opened fire without indulging in preliminary maneuvers. He brought his man down in about three seconds, and this was his first Boche battle.

"When Meinkopf landed, he was purple with rage, and as far as I could make out his main complaint could be translated in this fashion:

"What kind of flying is this, anyhow?"—Paris Stars and Stripes.

Catarrh Cannot Be Cured

BY LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarrh. It is taken internally and acts through the blood on the mucous surfaces of the system. HALL'S CATARRH MEDICINE is composed of some of the best tonics known combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarrhal conditions. Druggists 75c. Testimonials free. F. J. Cheney & Co., Props., Toledo, O.

Casus Belli.

"I fear these two citizens are having a warm argument about the war." "You are mistaken. Each is trying to convince the other that he has the better furnace."

"Is that anything to quarrel about?" "It wouldn't be if they had the same make, but they haven't, and since each one regards himself as an authority on heat units, hostilities are liable to begin at any moment."—Birmingham Age-Herald.

Dandruff and Itching.

To restore dry, falling hair and get rid of dandruff, rub Cuticura Ointment into scalp. Next morning shampoo with Cuticura Soap and hot water. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Results Count.

The American—What happened to you?
The Tommy—To tell you the truth, I ain't quite certain. About ten minutes ago I was 'avin' a tete-a-tete with a German sapper. He was a nice-lookin' boy—'ad a face like a murderer. We was crawlin' on our stomachs, when we came face to face. He says somethin' to me in German, an' I says 'em in just as bad language."

"What happened then?"
"Well, I 'ates to brag; but I'm 'ere an' 'e hain't."—Exchange.

At your eyes smart or feel scalded, Roman Eye Balsam applied upon going to bed is just the thing to relieve them. Adv.

It Didn't Work.

The miscreant stood before the judge, charged with cruelty to his wife. On the hope of obtaining clemency he thought he would pay his wife a cheap compliment.
"Tell you right now, Judge. They got me wrong on this cruelty stuff, I've got some woman. She sure is hard to beat."
"Well, you seem to have overcome all obstacles, from her appearance," remarked his honor. And he handed him the limit.

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

Sad Case.

"My wife is prone to worry."
"That's bad."
"She is inclined to fret."
"The idea now is to pack up your troubles in your old kit bag and smile, smile, smile."
"But any thought of packing makes her worse."—Louisville Courier-Journal.

Snapped Him Up.

She—You looked so sheepish when you proposed.
He—And you looked so wolfish when you accepted me.



Back Feel Achy After Grip?

COLDS and influenza leave thousands with weak kidneys and aching backs. The kidneys have to do most of the work of fighting off a cold or a contagious disease. They weaken—slow up. Then you feel dull and drabby, irritable or nervous, and have headaches, dizzy spells, lame back, backache, sore joints and irregular kidney action. Give the kidneys quick help and avoid serious kidney troubles. Doan's Kidney Pills are always in unusual demand after grip epidemics as so many people have learned their reliability. Doan's are used the world over. They are recommended by your own friends and neighbors.

Personal Reports of Real Cases

AN OHIO CASE.
Mrs. E. Lutz, 216 W. Silver St., Marion, Ohio, says: "Whenever I have caught cold I have suffered from a severe attack of kidney trouble and have had to give up. My back ached and I had severe dizzy spells. My feet have been swollen, my appetite poor and I have not had much ambition. I used different remedies but kept getting worse. I lost over thirty pounds in three months. I read of Doan's Kidney Pills and got some. After I had taken the second box I was relieved and gained rapidly."

A KENTUCKY CASE.
Thomas E. Day, carpenter, Chappel Ave., Augusta, Ky., says: "Last spring I was troubled with my kidneys. My back was a constant source of pain; it ached day in and day out and often was so lame I could hardly straighten after stooping. At the same time I caught cold and it settled on my kidneys. This made me worse and the kidney secretions became too frequent in passage, breaking my rest at night. I used Doan's Kidney Pills and they cured me. I haven't had any trouble since."

DOAN'S KIDNEY PILLS
60c a Box at All Stores. Foster-Milburn Co., Buffalo, N. Y. Mfg. Chem.

Safe.
"They tell me old Closest has money to burn," said Jink. "Yes," said Wink, "and never a match in the house."
Wears Pleasant Smile.
"Is this picture like your husband?" "It's like him only when he has his picture taken."

A Supposition.
"Why did your doctor think this operation was absolutely necessary?" "I guess he needed the money."
Its Variety.
She (coldly)—Have you a family tree?
He (enthusiastically)—Yes, and it's a peach!

Many School Children are Sickly. MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

Pleasant to take and give satisfaction. A certain Relief for Feverishness, Constipation, Headache, Teething and Stomach Disorders and remove Worms. They tend to break up a cold in 24 hours, act on the Stomach, Liver and Bowels and tend to correct intestinal disorders. Over 10,000 testimonials of relief. Read a few extracts from the hundreds of unsolicited letters we receive every year, the originals of which are on file in our offices:

"I think MOTHER GRAY'S SWEET POWDERS FOR CHILDREN are grand. They were recommended to my sister by a doctor. I am giving them to my little three-year old girl who was very puny, and she is picking up wonderfully."
"I received a sample of MOTHER GRAY'S SWEET POWDERS FOR CHILDREN some time ago. I tried them for both my babies and found them to be a great cure for worms. The babies like to take them and cry for more."
"I am using MOTHER GRAY'S SWEET POWDERS as directed, and have no trouble in giving them to the children as they are much nicer to take than oils or syrups. I will always keep them on hand."
"We have used MOTHER GRAY'S SWEET POWDERS FOR CHILDREN at different times for past nine years, and always found them a perfect children's medicine and very satisfactory in every case."
"I think MOTHER GRAY'S SWEET POWDERS FOR CHILDREN are the best thing I have ever used, and my little boy has not had a sick spell since I have been giving him the Powders."
Used by Mothers for over thirty years.
Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.

DON'T NEGLECT THAT COUGH PATENTS Watson E. Coleman, Wash- ington, D.C. Books free. High- est references. Best results.

SALESMEN Wanted To Sell Our West Virginia Grown Nursery Stock. Fine canvassing outfit FREE. Cash Commission Paid Weekly. Write for Terms. The Gold Nursery Co., Mason City, W. Va.

At the first sign of a cold or cough, commence treatment immediately with the best procurable remedy. SCHIFFMANN'S EXPECTORANT is guaranteed to be the best and most satisfactory remedy ever used, or money refunded in case it should not prove so. It is so strongly concentrated that 50 cents worth makes 64 teaspoonful when mixed at home with honey or sugar syrup. Positively contains no Chloroform, Opium, Morphine or any other narcotic. Pleasant to take and children are fond of it. Druggists everywhere will refund money if it does not give perfect satisfaction, or is not found the very best ever used for Coughs, Colds, Bronchitis, Croup, Whooping Cough, or Hoarseness. You will be the sole judge and under this positive guarantee absolutely no risk is run in buying the remedy.

W. N. U., CINCINNATI, NO. 49-1918.

You Are Dying By Acid
When you have Heartburn, Gas, Bloat, and that Full Feeling after eating. TAKE ONE

EATONIC
FOR YOUR STOMACH'S SAKE

Rids you of the Excess Acid and Overload and you will fairly feel the GAS driven out of your body—THE BLOAT GOES WITH IT.

IT GIVES YOU REAL STOMACH COMFORT

Sold by Druggists generally.—If your druggist can't supply you a big box of Eatonic for 50c, send us this adv. with your name and address and we will send it to you—you can send us the 50c after you get it. Address Eatonic Remedy Co., 1018 S. Wabash Ave., Chicago, Ill.

A Big Box for 50c