

# THE CHARM OF MOTHERHOOD

### Enhanced By Perfect Physical Health.

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself. Of course nearly every woman nowadays has medical treatment at such times, but many approach the experience with an organism unfitted for the trial of strength, and when it is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of caring for the child, and a distinct change in the mother results.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under the right conditions need be no hazard to health or beauty. The unexplainable thing is that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, and with ample time in which to prepare, women will persist in going blindly to the trial.

Every woman at this time should rely upon Lydia E. Pinkham's Vegetable Compound, a most valuable tonic and invigorator of the female organism.

In many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes normal, healthy and strong.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.



Lydia E. Pinkham

## Warner's Safe Pills

A constipated condition of the bowels is a common cause of ill health and Warner's Safe Pills should be taken whenever a cathartic is needed. As a laxative, they are very dependable for the following reasons: They do not grip, are sugar coated, purely vegetable, harmless, yet efficient, and contain absolutely nothing deleterious.

They correct the tendency of the liver and should be used when necessary to insure a movement of the bowels once or twice a day.

Sold by all druggists, or sent postpaid on receipt of price, 25 cents.

Warner's Safe Remedies Co. Rochester, N. Y.

Annihilated. Teacher—Tommy, can you tell me which birds are extinct? Tommy—Yes, ma'am. The dodo and the dove of peace.

COVETED BY ALL out possessed by few—a beautiful head of hair. If yours is streaked with gray, or is harsh and stiff, you can restore it to its former beauty and luster by using "La Creole" Hair Dressing. Price \$1.00.—Adv.

The Danish navy is experimenting with the use of American coal from the Atlantic coast.

Good politics often acquire the title of statesmanship.

## Can't Do the Work

A bad back makes hard work harder. All day the dull throbbing and the sharp, darting pains make you miserable, and there is no rest at night. Maybe it's your daily work that hurts the kidneys, for jarring, jolting, lifting, reaching, dampness and many other strains do weaken them. Cure the kidneys. Use Doan's Kidney Pills. They have helped thousands and should do as well for you.

## DOAN'S KIDNEY PILLS

50¢ at all Stores  
Foster-McMillan Co. Prop. Buffalo, N.Y.

## The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.

Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

## TRAPPERS

Men and Boys—Attention: There is a terrific demand for Trappers' traps and traps are being sold at a profit. The story of the "Trap Trapper" is a true story. The Trappers' traps are made in the best material. The Trappers' traps are made in the best material. The Trappers' traps are made in the best material.

# PRESIDENT TELLS PLAN OF DEFENSE

### Summarizes His Program in a Speech Before the Manhattan Club.

## NATION MUST BE PREPARED

### Increase of Army, Training of Citizenry and More Rapid Building Up of Navy—Rebuke for Hypphenated Americans.

New York, Nov. 5.—Setting forth his ideas of what should be done in the way of national military preparedness, President Wilson last night in an address at the fiftieth anniversary dinner of the Manhattan club asked for support for the administration's program.

Our ambition, said Mr. Wilson, is not only to be free and prosperous ourselves, but also to be the friend and thoughtful partisan of those who are free or who desire freedom of the world over. We shall, he declared, be believed, never again take another foot of territory by conquest, or seek to make an independent people subject to our dominion. Because of the great European conflict, said the president, "from one end of our own dear country to the other men are asking one another what our own force is, how far we are prepared to maintain ourselves against any interference with our action or development."

Through the mission of America in the world is essentially a mission of peace and good will among men, declared Mr. Wilson, we feel justified in preparing ourselves to vindicate our right to independent and unmolested action by making the force that is in us ready for assertion.

Plans for the Army. "And we know," continued the president, "that we can do this in a way that will be itself an illustration of the American spirit. In accordance with our American traditions we want and shall work for only an army adequate to the constant and legitimate uses of times of international peace. But we do want to feel that there is a great body of citizens who have received at least the most rudimentary and necessary forms of military training; that they will be ready to form themselves into a fighting force at the call of the nation; and that the nation has the munitions and supplies with which to equip them without delay should it be necessary to call them into action. We wish to supply them with the training they need, and we think we can do so without calling them at any time too long away from their civilian pursuits."

"It is with this idea, with this conception in mind that the plans have been made which it will be my privilege to lay before the congress at its next session. That plan calls for only such an increase in the regular army of the United States as experience has proved to be required for the performance of the necessary duties of the army in the Philippines, in Hawaii, in Porto Rico, upon the borders of the United States, at the coast fortifications, and at the military posts of the interior. For the rest, it calls for the training within the next three years of a force of 400,000 citizen soldiers to be raised in annual contingents of 133,000, who would be asked to enlist for three years with the colors and during their three years of enlistment with the colors would not be organized as a standing force but would be expected merely to undergo intensive training for a very brief period of each year. Their training would take place in immediate association with the organized units of the regular army. It would have no touch of the amateur about it, neither would it exact of the volunteers more than they could give in any one year from their civilian pursuits.

"And none of this would be done in such a way as in the slightest degree to supersede or subordinate our present serviceable and efficient National Guard. On the contrary, the National Guard itself would be used as a part of the instrumentality by which training would be given the citizens who enlisted under the new conditions and I should hope and expect that the legislation by which all this would be accomplished would put the National Guard itself upon a better and more permanent footing than it has ever been before.

For Development of the Navy. "It has been American policy time out of mind to look to the navy as the first and chief line of defense. The navy of the United States is already a very great and efficient force. Not rapidly, but slowly, with careful attention, our naval force has been developed until the navy of the United States stands recognized as one of the most efficient and notable of the modern navies."

"Hypocrisy." Nothing is more unjust, however common, than to charge with hypocrisy him that expresses zeal for those virtues which he neglects to practice; since he may be sincerely convinced of the advantage of conquering his vices as a man may be confident of the advantage of a voyage or a journey, without having courage or industry to undertake it and may honestly recommend to others those attempts which he neglects himself.—Johnson.

en time. All that is needed in order to bring it to a point of extraordinary force and efficiency as compared with the other navies of the world is that we should hasten our pace in the policy we have long been pursuing, and that chief of all we should have a definite policy of development, not made from year to year but looking well into the future and planning for a definite consummation. We can and should profit in all that we do by the experience and example that have been made obvious to us by the military and naval events of the actual present. It is not merely a matter of building battleships and cruisers and submarines, but also a matter of adequate equipment of men and munitions and supplies for the vessels we build and intend to build. Part of our problem is the problem of what I may call the mobilization of the resources of the nation at the proper time if it should ever be necessary to mobilize them for national defense. We shall study the efficiency and adequate equipment as carefully as we shall study the number and size of our ships, and I believe that the plans already in part made public by the navy department are plans which the whole nation can approve with rational enthusiasm.

"No thoughtful man feels any panic haste in this matter. The country is not threatened from any quarter. She stands in friendly relations with all the world. Her resources are known and her self-respect and her capacity to care for her own citizens and her own rights. There is no fear amongst us. Under the new world conditions we have become thoughtful of the things which all reasonable men consider necessary for security and self-defense on the part of every nation confronted with the great enterprise of human liberty and independence.

"In the fulfillment of the program I propose I shall ask for the hearty support of the country, of the rank and file of America, of men of all shades of political opinion. I would not feel that I was discharging the solemn obligation I owe the country were I not to speak in terms of the deepest solemnity of the urgency and necessity of preparing ourselves to guard and protect the rights and privileges of our people, our sacred heritage of the fathers who struggled to make us an independent nation.

Hits at the Hypphenates. "The only thing within our own borders that has given us grave concern in recent months has been that voices have been raised in America professing to be the voices of Americans which were not indeed and in truth American, but which spoke alien sympathies, which came from men who loved other countries better than they loved America, men who were partisans of other causes than that of America and had forgotten that their chief and only allegiance was to the great government under which they live. These voices have not been many, but they have been very loud and very clamorous. They have proceeded from a few who were misled and who were grievously misled. America has not opened its doors in vain to men and women out of other nations. The vast majority of those who have come to take advantage of her hospitality have united their spirits with hers as well as their fortunes. These men who speak alien sympathies are not the spokesmen, but are the spokesmen of small groups whom it is high time that the nation should call to a reckoning. The chief thing necessary in America in order that she should let all the world know that she is prepared to maintain her own great position is that the real voice of the nation should sound forth unmistakably and in majestic volume, in the deep union of a common, unshattering national feeling. I do not doubt that upon the first occasion, upon the first opportunity, upon the first definite challenge, that voice will speak forth in tones which no man can doubt and with commands which no man dare gainsay or resist.

"May I not say, while I am speaking of this, that there is another danger that we should guard against? We should rebuke not only manifestations of racial feeling here in America where there should be none, but also every manifestation of religious and sectarian antagonism.

"Here is the nation God has built up by our hands. What shall we do with it? Who is there who does not stand ready at all times to act in her behalf in a spirit of devoted and disinterested patriotism? We are yet only in the youth and first consciousness of our power. The day of our country's life is still but in its fresh morning. Let us lift our eyes to the great tracts of life yet to be conquered in the interests of righteous peace. Come, let us renew our allegiance to America, conserve her strength in its purity, make her chief among those who serve mankind, self-reverenced, self-commanded, mistress of all forces of quiet counsel, strong above all others in good will and the might of invincible justice and right."

Enthusiasm. Enthusiasm is always connected with the senses whatever be the object that excites it. The true strength of virtue is serenity of mind combined with a deliberate and steadfast determination to execute her laws. That is the healthful condition of the moral life; on the other hand, enthusiasm even when excited to representations of goodness, is a brilliant but feverish glow which leaves only exhaustion and languor behind.—Kant.

Her Prejudiced Attitude. "Yassah, I knowedjes de cawn," confessed Brother Bogus. "Owns right up, sah, dat I hit muh wife wid a neck yoke. But fum de way she's been bowlin' and gwine on 'bout it since, you'd think I'd hit her wid a four-noss wagon!"—Kansas City Star.

Just Wanted to Know. We were out to dinner and little brother piped up, just as the meal was about over: "Father, please pass the jelly, or is it scenery?"—Chicago Tribune.

## What is RICHARDS' MAGIC WASHING STICK

It is **NEW**

Nothing like it has ever been discovered before.

It is **HARMLESS**

It has absolutely NONE of the burning, clothes eating, hand stinging disadvantages of common quick cleaners.

It is **EASY**

You do NO rubbing—only HAND-LING. You need no elbow grease—no wash board and VERY little time.

It is **CHEAP**

It costs less than 2c a washing—sold in 25c boxes. It washes colored clothes without fading—woolens without shrinking or hardening, and positively will not rot or weaken lace curtains so they tear easily, but keeps them strong besides absolutely clean.

Sold by all Druggists and Grocers everywhere. If yours doesn't handle it, show him this ad—he'll get it for you. Or send 25c in stamps to I. KROEGER, St. Louis, Mo.

Kroeger-Amos-James Grocer Co. St. Louis, Mo.

Like South Sea Islanders. Cursing and swearing need be put neither among sins nor among the virtues. They may be a vice of language; they are scarcely a vice of the heart. They are merely a survival of different days, like caudal appendage or the flash of black tape that falls down the back of a Welsh soldier. Cursing has sunk into form of words, and in ninety-nine cases out of a hundred has hardly more meaning than that.

Ouch! Mrs. Nixdore—Can you lend me a cup of sugar, an egg, and a piece of butter and a— Mrs. Naylor—Certainly! Wouldn't you like to take home some of our gas to cook it with?—Boston Evening Transcript.

Films in London. London is declared to be at present the film city of the world. Every week there is passing through the city 1,250,000 feet of film, or about 70,000,000 feet a year, of which 60,000,000 feet is coming from America. For this 60,000,000 feet it is estimated that British picture theater audiences are paying a round £1,000,000—\$5,000,000—a year to the Americans, of which £500,000 goes in salaries and wages to producers, players and others actually connected with the making of pictures. But the sum total of British distress is not that all this money goes to the Americans. Discovery has been made that a big share of the control of American picture production is in the hands of German-Americans. More than this, it is said, that there is no difficulty in getting films "made in Germany" to America and that these films are many of them exhibited in Great Britain.

Has His Limitations. "What a clever husband you have." "Clever? Did you ever see him try to sharpen a knife or do anything else useful about the house?"

Sure Enough. "There are twice in a year when no man can afford to lend money to his friend." "When are they?" "When he is just going on his vacation and when he has just returned."

One of Life's Embarrassments. "It seems to me that I've seen your face before." "Yes, you have. I'm the woman in the electric wire turned around and swore at yesterday."—Detroit Free Press.

In a Bird Store. Customer—Is this parrot a good talker? Dealer—Talker! Why, mum, his last mistress sold him because she couldn't get a word in edgeways.—Boston Transcript.

# BULGARS HALTED AT THREE POINTS

### GERMAN ADVANCE THROUGH SERBIA STILL REMAINS UNCHECKED.

## GREEKS PLEASING TO ALLIES

### French Still Grip With Enemy on Western Line—British to Stay in Gallipoli—Dutch Hold Submarine.

London.—Although the Germans, Austrians and Bulgarians are pressing forward despite the valiant resistance of the Serbians the Bulgars have been halted at three places. To the east of Nish along the Nisava River Valley, they are retiring on Bela Palanka. Down in the southeastern region in the vicinity of Strumitsa, unofficial advices say they have been engaged by the French in an artillery duel and in the Bahuna Pass, the Serbians are repelling their furious assaults.

The defeat of the Greek government, however, is considered in London as strengthening the position of the entente powers with respect to the affairs in the Balkans, for M. Venizelos has favored the policy of the allies and his overthrow of the Zaim administration evidences the fact that he has the majority of the chamber behind him.

The French and Germans are hard at grips in Champagne, where attacks on certain trenches have been going on continuously for several days with a frequent shifting of fortune. Other wide artillery engagements have predominated along the line in France and Belgium.

To Stay at Gallipoli. Amsterdam.—The Constantinople correspondent of the Lokal Anzeiger of Berlin says the opinion in well-informed circles of the Turkish capital is that the British forces intend to spend the winter on Gallipoli Peninsula and have no intention of voluntarily abandoning their operations there.

Dutch Hold German Submarine. The Hague.—The German submarine U-5 was towed into Terschelling, a Dutch island and in the North Sea, by a Dutch boat. A Dutch torpedo boat saw the rocket signals sent up by the submarine and escorted her to an anchorage. The undersea boat is being closely guarded.

Oilcloth Factory Burns. Winthrop, Me.—The oilcloth manufacturing plant of C. M. Bailey Sons & Co. and two dwelling houses were burned in a fire which started in the factory. The total loss was \$100,000.

President Has 31 Children. Peking.—The sixteenth son of President Yuan Shi Kai was born. He now has 31 children. Polygamy is not legal or general in China, but the practice is sanctioned by custom.

Ends Life by Running Into Train. Hoxie, Ark.—Running down the track and dashing headlong into the Iron Mountain fast mail, an unidentified man committed suicide here. Many saw the man's death.

Mexico to Provide Quail. San Antonio, Tex.—Mexico has been called upon to replenish the depleted stock of game for New York preserves and a local dealer, Mrs. W. O. Learn, announced she had a contract to supply 50,000 quail within three months.

Asks War Loan Suit Dropped. Chicago.—The Mutual Life Insurance Company, sued by Mrs. Olga H. E. Walsh, a policyholder of Chicago, to restrain it and its officers as directors from participating with the insurance company's funds in the \$500,000,000 loan to the allies, filed a motion to dismiss the suit.

Will Pay Tax for Privilege. Birmingham, Ala.—In order that it may levy a tax rate not exceeding 1 1/2 per cent per annum on its assessed property valuation, Birmingham will pay the expense of a state election on an amendment to the constitution authorizing it to do so.

Monument for Miss Cavell. Paris.—Announcement was made by a leading Paris newspaper that one of the masters of contemporary art has been commissioned to make a large bas-relief of the execution of Miss Edith Cavell, which will be presented to the city of Paris.

Kentucky Election in Doubt. Louisville, Ky.—Kentucky's race for governor is not yet settled. The Democrats have only 4,000 majority and the Republicans claim Morrow's election by a safe figure.

Coke Production Is Doubled. Connelville, Pa.—Coke production in the Connelville region has practically doubled since the first of the year in the face of the most pronounced labor shortage the industry has ever known.

Germany Planning New Loan. Copenhagen.—German financial authorities are preparing for a new loan of \$2,500,000,000, the prospectus of which will be issued in January, according to private advices from Berlin.

# EXEMPT FROM MOST DANGERS

### Chicago Newspaper Evidently Does Not Think Much of the Police Force of the "Windy City."

The burly man, the picture of perfect health and strength, walked into the office of a prominent accident insurance company the other day and wanted to be insured. "Are you engaged in any hazardous business?" asked the secretary. "Not in the least," replied the applicant. "Does your business make it necessary for you to be without sleep at night?" "No, sir." "Would your business ever require you to be where there were excited crowds—for instance, at a riot or fire?" "Never, sir."

"Is your business such as to render you liable to injury from carriages or runaway horses?" "Oh, no, sir." "Does your business throw you in contact with the criminal class?" "Good gracious! No, sir." "I think you are eligible. What is your business?" "I am a policeman."—Chicago Herald.

Historic Landmark Burns. The old Shelby county (Tenn.) courthouse, one of the historic landmarks of that section, has been destroyed by fire of undetermined origin. The loss was estimated at \$60,000.

Before the Civil war the building was known as the Overton hotel, one of the leading hostleries in the South. When Memphis was captured by Union forces the hotel was used as a base hospital.

Only Human Nature. "That man wants his photograph to look as natural as possible," whispered the assistant to the proprietor of the studio.

"Then make it as handsome as you can," came the quick reply. "But—but he's awfully ugly, and insists he doesn't want the portrait to flatter him at all." "He won't think it flatters him," said the proprietor knowingly. "He'll only feel sure that at last someone has managed to catch him looking just right."

Answered. Barber (finishing up)—How do you part your hair, sir? Customer—With a comb.—Exchange.

Tremendous Tolls. "Professor, how would you like to receive a message from Mars?" "Prepared?" asked the professor.

His Objection. "I'm a man of high ideals." "That may be so, but what I object to is your low practices." Not Clearly. "Can Josephine take high C?" "Not without knocking off some of the bars."—Boston Transcript.

# RETORT THAT QUIETED FAN

### Great Baseball Pitcher Proved Himself a Bad Man to Be Made the Subject of "Hoeking."

When the ball players are down South in the spring the old boys do not take any chances with their pitching arms, letting the youngsters prove their energies instead. One day at Little Rock, where the Detroit team was playing an exhibition, old Red Donahue, who in his day was the sharpest-tongued man in baseball, was tossing them over and letting the Little Rock batters hit at will, to the great delight of the spectators. "Oh, Red, you're easy, easy, easy," shrieked one very wild fan who was getting on Red's nerves. "I'm not half as easy as you are," retorted Red. "You paid 50 cents to see me do it."—American Boy.

Bluffing the Grank. The tired little waitress approached the blonde head waitress with tears in her eyes. "That fellow swore at me because he didn't like his steak," she said. "Where is he?"

The tired little waitress pointed to a small man, seated 15 feet away. The blonde approached Mary, a red-headed Irish girl, weighing at least two hundred pounds. "Over this way, Mary!" said the blonde. "I want you to quit throwing dishes at the guests. You might have knocked that man senseless this morning."

"But," said Mary, knowingly, "he swore at me." "Oh, that's different," came from the head waitress. "By the way," she continued, "Lizzie isn't feeling well. Will you look after this gentleman?" Mary leaned over the cranky actor. He had heard every word. "What'll ye have done to yer steak?" she asked.

"Nothing, my dear," he replied. "It's an excellent piece of meat." And then he "lit" in and ate every bit of it.

Electric Bait for Night Fishing. Having noticed that certain game fish, particularly the bass and muskellunge, often contain glowworms and other phosphorescent insects, an inventor has devised a unique electrically illuminated bait for either deep-water trolling or night fishing. The bait is made of celluloid, in the form of a minnow, and containing a miniature electric lamp which is supplied with current through fine copper wires carried along the fish line. The light may be flashed on or off by means of a pushbutton, making the bait resemble a glowworm if desired.

Bounds of Reason. Cousin Tim—What are "the bounds of reason?" Cousin Jim—Jumping at conclusions.

Accepted. "Can't you and your wife come over to our house for dinner some night?" "Surely! We'll be glad to." "Well, then, suppose we set a date." "All right. Suppose we make it the next time our cook leaves us?"



## Nothing Stops This Man

The man with vigorous, virile health, and a clear mind, who brushes away obstacles, and rejoices in overcoming difficulties, is bound to succeed. His is the joyous outlook on life.

Physical and mental conditions like these come largely through proper eating—"Food makes the man."

Now it is a fact—attested by food experts—that the modern dietary is woefully lacking in the very elements that put success into a man. They are the mineral salts—Phosphate of Potash, etc. White bread is almost wholly lacking in them. But there is one food that richly supplies these vital elements, and that food is

# Grape-Nuts

Made from whole wheat and barley. Grape-Nuts contains all the nutriment of the grain, including the valuable mineral salts. It is easily digested, is concentrated and has delicious taste. A daily ration of Grape-Nuts along with other food helps build vigorous bodies and keen brains.

## "There's a Reason"

—sold by Grocers everywhere.