

HEAT FLASHES, DIZZY, NERVOUS

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va.—"After taking seven bottles of Lydia E. Pinkham's Vegetable Compound I feel like a new woman. I always had a headache during the change of life and was also troubled with other bad feelings common at that time—dizzy spells, nervous feelings and heat flashes. Now I am in better health than I ever was and recommend your remedies to all my friends."—Mrs. LENA WYNN, 2812 E. O Street, Richmond, Va.

While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound.

Such warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness.

For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound.

The Financier's Lullaby.
Nurse—By low, my baby!
Financial Parent—And sell high—
Baltimore American.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barba Compound, and 1/2 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up for you or mix it at home at very little cost. It will gradually darken straight, faded gray hair, and remove dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Inconsistent.
Cohen—Levy, my life is a failure!
Levy—Well, for a failure you got very little to show for it!

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents

The Third Degree.
Jailer—How did you enjoy your experience on the rack?
Accused—I went through it all right, but it's not my natural bent.

Rest Those Worn Nerves

Don't give up. When you feel all unstrung, when family cares seem too hard to bear, and backache, dizzy headaches and irregular kidney action mystify you, remember that such troubles often come from weak kidneys and it may be that you only need Doan's Kidney Pills to make you well. Don't delay. Profit by other people's experiences.

An Illinois Case

Mrs. C. G. Peterson, 428 S. Marshall St., Chicago, Ill., says: "I suffered from weak back, pains in my sides and dizziness. Doan's Kidney Pills drove a way the ailment in a short time. Several years later, I felt poorly again. I lived easily and my back bothered me. I had dizzy spells. Doan's Kidney Pills again relieved me and my kidneys haven't troubled me since."

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

BLACK LEG

Losses surely prevented by Carter's Black Leg. A full preparation of South Sea Island... W. N. U., ST. LOUIS, MO., 7-1918.

THE EUROPEAN WAR A YEAR AGO THIS WEEK

Feb. 7, 1918.
British took German trenches at Guinchy.
Germans rushed re-enforcements to East Prussia.
Russians pierced second line of German trenches near Borjimow.
Austrians resumed attacks on Montenegrin positions on the Drina.
British foreign office upheld use of American flag by Lusitania.

Feb. 8, 1918.
Germans shifted 600,000 troops from Poland to East Prussia where Russian cavalry were sweeping northward.
Russians moved forward in Carpathians but retired in Bukovina.
Turks in Egypt in full retreat.
Premier Aquith reported to parliament British losses of 104,000 to date.
Germany ordered all neutrals expelled from Alsace.

Feb. 9, 1918.
Germans again bombarded Reims, Soissons and other towns.
Fighting on skies took place in Alsace.
Austro-Germans attacked Russians at three points in Carpathians.
Russians made a wedge in East Prussia across Angerapp river.
Turkish cruiser bombarded Vaila.
Russian warships shelled Trebizond.

Feb. 10, 1918.
Fierce fighting took place in the Carpathian passes.
Russians continued retirement from Bukovina.
Allied aviators dropped bombs in Adrianople.
French brought down German airman who dropped bombs in Paris.
German Socialists endorsed the war.
Steamer Great City sailed from New York with relief cargo worth \$530,000 for Belgium.

Feb. 11, 1918.
Russians fall back in Mazurian Lake region, East Prussia.
Cargo of American steamship Wilhelmina, for Hamburg, seized by British at Falmouth.
German submarines, driven by storm in Norwegian ports, were forced to leave.
American note to Germany, warning U. S. would hold it to strict accountability for destruction of American vessels or lives on high seas, made public.

Feb. 12, 1918.
Von Hindenburg won great victory over Tenth Russian army in Mazurian Lake region, Russians fleeing across frontier leaving 30,000 dead and wounded, 50,000 prisoners and many guns.
Russians strengthened second line of defense.
Thirty-four British airships raided Belgian seaports.
French aviators raised German aerodrome in Alsace.
Exchanges of disabled prisoners between England and Germany arranged.

Feb. 13, 1918.
Russians claimed German offensive in Poland had failed.
Germans defeated English on Orange river, South Africa, and invaded Uganda and British East Africa.
British wiped out Turkish force at Tor.
Two British airmen killed at Brussels.
Entire Austro-Hungarian land-sturm was called out.

Why Guns Are Fired in Salute.

This is a sign of honor reserved for royal and very distinguished persons. When ships or coast forts fire their guns to welcome a distinguished visitor the compliment, though noisy in form, is more delicate in intention than some of us know. It means that we know the purpose of the visitor's coming is so peaceful that we need not keep our guns loaded, but joyfully empty them in his presence.

Make Punctuality a Habit.

Somebody said that the man who was always on time spent half his life waiting for the other man. Perhaps that is so; yet the fact is no excuse for those who are habitually late. And really it is quite as easy to be on time as it is to be late, if we only make punctuality a habit.

Use for the Dowry.

A bachelor informs us that a marriage dowry is a lump of sugar intended to nullify the bitterness of the dose.—Indianapolis Star.

"CASCARETS" ACT ON LIVER; BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box. Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passageway every few days with Salts, Cathartic Pills, Castor Oil or Purgative Waters? Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels. A Cascaret tonight will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your store. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, Coated Tongue, Indigestion, Sour Stomach or Constipation. Adv.

Sure. The Soubrette—When you're gone I shall pine away. The Comedian—Don't pine; spruce up.

QUIT MEAT IF KIDNEYS BOTHER AND USE SALTS

Take a Glass of Salts Before Breakfast if Your Back is Hurting or Bladder is Irritated.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush off the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acids of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia water drink.—Adv.

What He Wanted. Stude—I want my hair cut. Barber—Any special way? Stude—Yes, off.

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping. When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "Fruit Laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 5-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

There is one thing to be said of the American girl who marries a foreign nobleman; she isn't mercenary.

COVETED BY ALL

but 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.

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

Prohibitory laws were passed in seven states in 1918.

TEMPERANCE NOTES

(Conducted by the National Woman's Christian Temperance Union.)

LOGICAL STEPS.

Edith Smith Dairs, world's and national W. C. T. U. superintendent of scientific temperance instruction in public schools and colleges, says: "The truth concerning temperance has been in a deep well for generations and there have been many logical steps that we have been forced to take in order to reach the water of truth. The first step is the scientific investigation which has shown the poisonous nature of alcohol. The second step demonstrates the effect of the poison upon various organs of the body. The third step makes clear the fact that alcohol has special affinity for the brain and therefore affects the moral character of man. The fourth step has proven that a drug that affects the organs of the body and injures moral character must render less efficient the user of it, and, therefore, its use becomes an economic problem. The fifth step places this experimental truth with all its resultant conclusions in a form whereby the largest number of people may be instructed, that is, in text books containing scientific facts concerning alcohol. The sixth step is the placing of the facts in the school curriculum and making the text books and the scientific charts a part of public temperance education. The public school is the most democratic institution in the world and is more than that, it is, as Dr. Newell D. Hillis says, the machine which takes in all kinds of material and grinds it out made over into good American citizens." In this fact we see the possibility of our reaching the final step to our goal.

RESENTS LIQUOR DOMINATION.

The Milk Wagon Drivers' union of Chicago is dry, and refused to permit one of its banners to be carried in the so-called "personal liberty" demonstration of November 7. "None of our men were in that parade," said the secretary of the union, "and I don't believe there would have been very many union men there at all, outside of the beer keg drivers and other lines of the liquor business, if they hadn't been driven to march. I saw a letter myself sent to a member of the Ice Drivers' union threatening the loss of his job if he didn't appear in the parade. That's a nice brand of personal liberty!"

Within the ranks of union labor there is growing up a fighting sentiment against the domination of the liquor interests, and incidents like this, and others which might be cited, are giving impetus to the movement.

FOR THE GOOD OF THE GAME.

A license was granted for the sale of liquor on Chicago's new automobile speedway, but the management decided to keep it dry. A member of the committee thus explains the action: "For the good of the automobile racing game and for the uplifting of the sport here and everywhere we have decided to prohibit the sale of intoxicating liquors on the grounds. Baseball would never be what it is today if it had not been for the prohibiting of intoxicants on the grounds, and we want to make a clean and pleasing start at our new speedway. Beer should not be allowed on the grounds, leave alone sold inside the park, and this rule which prohibits the sale will stand as the speedway races continue—and that will be for years and years."

TEACHERS TOTAL ABSTAINERS.

The superintendent of schools of Ithaca, N. Y., told the following incident at a W. C. T. U. meeting: When a lad eight years old he recited a temperance selection and the teacher induced him to sign the pledge. After many years he went back to his boyhood home intending to tell the teacher what that pledge had meant to him. He found her resting in an unkept country cemetery, but on his knees before God he told her what had been the saving influence of his life. "I have never hired as a teacher or anyone who was not a total abstainer, neither will I sign a paper of recommendation for a teacher who is not a total abstainer," declared the superintendent.

WATCH RAILROAD EMPLOYEES.

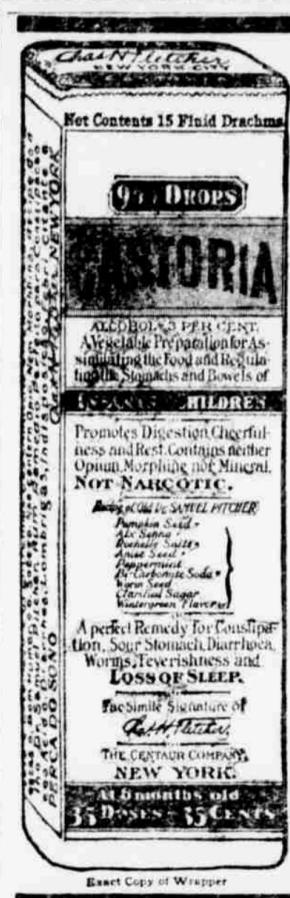
Armed with cameras, detectives of a certain eastern railroad, are taking photographs of every employee they see in the act of taking a social drink. Since September 1 several employees have been called into headquarters and discharged. One man, who asked for a reason, was shown a photo of himself in the act of draining a whiskey bottle while standing in a box car.

WETTEST CITY IN WET STATES.

The city of Butte, Mont., is stigmatized as the wettest city in the wettest state. It is interesting to note that recently forty people of Butte were indicted by a grand jury on the charge of bootlegging.

MAN BEHIND THE BAR.

They talk about the man behind the gun. And the deadly work that he has done; But much more deadly work by far is done by the fellow behind the bar.



CASTORIA

For Infants and Children.
Mothers Know That Genuine Castoria Always Bears the Signature of J. C. Ayer & Co. In Use For Over Thirty Years CASTORIA

Heard it at Home. Rooster (2 a. m.)—Well, I guess I'd better—hic—go in. I wonder—hic—if my hat's on straight.

SOAP IS STRONGLY ALKALINE and constant use will burn out the scalp. Cleanse the scalp by shampooing with "La Creole" Hair Dressing, and darken, in the natural way, those ugly, grizzly hairs. Price \$1.00.—Adv.

When you lose money and gain wisdom by it your loss is your gain.

Piles Relieved by First Application. And more in 15 days by "La Creole" Ointment, the universal remedy for all forms of Piles. Irrigation and relief if it fails. 50c.

Don't forget the date; it's "sweet sixteen" now.

Don't Risk Pneumonia At the First Sign of a Cold take

CASCARA QUININE

The old standard remedy in tablet form. No unpleasant after effects. No opiate. Cures colds in 24 hours. La Grippe in 3 days. Money back if it fails. Insist on genuine—Box with red top—Mr. Hill's picture on it. 25 Cents. At Any Drug Store.

W. H. Hill Company, Detroit

WHAT IS URIC ACID?

THE CAUSE OF BACKACHE, RHEUMATISM, LUMBAGO

Ever since the discovery of uric acid in the blood by Scheele, in 1775, and the bad effect it had upon the body, scientists and physicians have striven to rid the tissues and the blood of this poison. Because of its overabundance in the system it causes backache, pains here and there, rheumatism, gout, gravel, neuralgia and sciatica. It was Dr. Pierce who discovered a new agent, called "Anuric," which will throw out and completely eradicate this uric acid from the system. "Anuric" is 27 times more potent than *Uricin*, and consequently you need no longer fear muscular or articular rheumatism or gout, or many

other diseases which are dependent on an accumulation of uric acid within the body. Send to Dr. Pierce of the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., for a pamphlet on "Anuric," or send 10 cents for a trial package of "Anuric" Tablets.

If you feel that tired, worn-out feeling, backache, neuralgia, or if your sleep is disturbed by too frequent urination, go to your best store and ask for Dr. Pierce's "Anuric."

Dr. Pierce's reputation is back of this medicine and you know that his "Pleasant Pellets" for the liver and his "Favorite Prescription" for the life of women have had a splendid reputation for the past fifty years.

Easy Enough.

"Are you still keeping your New Year's resolutions?"
"Oh, yes," replied Mr. Jagsby, with a twinkle in his eye.
"But how are you keeping them?"
"Frased."

Still Ahead.

Hardup—There was a time when people used to say that I had more money than brains, but they can't say that now.
Wife—Why not?
Hardup—Because I've come down to my last dollar.
Wife—Well, you still have a dollar.

THIS IS THE AGE OF YOUTH.

You will look ten years younger if you taken your ugly, grizzly gray hairs by using "La Creole" Hair Dressing.—Adv.

IMITATION IS SINCEREST FLATTERY

but like counterfeit money the imitation has not the worth of the original. Insist on "La Creole" Hair Dressing—It's the original. Darkens your hair in the natural way, but contains no dye. Price \$1.00.—Adv.

The Unfortunate Part.

Willis—This war has made a lot of difference with the fashions, I mean as respects the fellow who designs them.
Gillis—Yes, and it hasn't made any difference at all with the fashions, I mean as respects the fellow who pays for them.—Judge.

Devious Reasoning.

"Did you make your husband promise that in the event of war he will not be a soldier?"
"Yes."
"Don't you want him to be a hero?"
"Of course. You know John nearly always breaks his promises."

Ozark Mothers Used To Be Afraid To Go To Bed At Night

Now Sleep Soundly Since They Have Found a Sure Preventive For Croup.

Many mothers, besides those of Ozark, Mo., have been afraid to sleep at night for fear of being awakened by that dread croupy cough. Mrs. H. H. Givan and Mrs. J. J. Cave, both of Ozark, have found, in common with many other Missouri mothers, that a jar of Vap-O-Rub in the house insures a good night's sleep. Vap-O-Rub is the external treatment for all forms of croup or cold troubles, introduced here from the South last winter. It is in salve form and you just rub it over the throat and chest, covering with a warm flannel cloth. The body warmth releases antiseptic vapors that are inhaled with each breath, loosening the phlegm, and, in addition, Vap-O-Rub is absorbed through and stimulates the skin, relieving the tightness and soreness. Croup is usually relieved in fifteen minutes, and a

good application at night will, in almost every case, prevent a night attack.

But let Mrs. Givan speak for herself. She writes—"I have used Vick's Vap-O-Rub on my little girl for croup. I rubbed it on her chest and throat and it is just splendid, and I wasn't afraid to go to bed at night."

Mrs. Cave says—"I find Vap-O-Rub the best thing I have ever used for colds, sore throat, croup and all kinds of skin troubles for children. I could not do without it now, as it saves calling a doctor."

The penetrative quality of Vick's makes it excellent also for inflammations of the skin, such as burns, bruises, itchings, piles and muscular soreness. In these cases, particularly in cases of burns, it seems to draw out the inflammation and has a delightfully cooling effect. Three sizes, 25c, 50c or \$1.00. The Vick Chemical Company, Greensboro, N. C.

