

# HAARLEM OIL CAPSULES IF YOUR BACK ACHES

Do you feel tired and "worn-out"? Are you nervous and irritable? Don't sleep well at night? Have a "dragged out," unrested feeling when you get up in the morning? Dizzy spells? Bilious? Bad taste in the mouth, backache, pain or soreness in the loins, and abdomen? Severe distress when urinating, bloody, cloudy urine or sediment? All these indicate gravel or stone in the bladder, or that the poisonous microbes, which are always in your system, have attacked your kidneys.

Don't ignore the "little pains and aches," especially backaches. They may be little now but there is no telling how soon a dangerous or fatal disease of which they are the forerunners may show itself. Go after the cause of that backache at once, or you may find yourself in the grip of an incurable disease.



## WORMS

"Wormy," that's what's the matter of 'em. Stomach and intestinal worms. Nearly as bad as distemper. Cost you too much to feed 'em. Look bad—are bad. Don't let 'em get to death. Spohn's Compound will remove the worms, improve the appetite, and 'em up all round and don't "physic." Acts on glands and blood. Full directions with each bottle, and sold by all druggists.

SPHON MEDICAL CO., Goshen, Ind., U. S. A.

# It's Acid-Stomach That Makes Millions Sick and Suffer

Life is dark—not worth much to the man or woman with an acid-stomach. Acid-stomach kills Hope, Ambition, Energy, Courage. It saps the strength of the strongest body—impoverishes the blood—causes untold suffering—makes millions weak, sad and brings on premature old age.

Get rid of the excess acid. That's the secret of good health and is the only way to obtain good digestion and assimilation. It is the right way to be well and keep strong. Ordinary tonics won't do any lasting good. The best they can do is to spur up your appetite. When the stimulating effects wear off, you are worse off than ever.



## DADDY'S EVENING FAIRY TALE

BY MARY GRAHAM BONNER.

### AURORA BOREALIS.

"I am going to tell you a story tonight," said Daddy, "about the aurora borealis."



Children Were Allowed to Get Out of Bed.

It is here, but once the aurora borealis took a trip, and it is of that trip that I want to tell you.

## INDIGESTION, GAS, UPSET STOMACH

HURRY! JUST EAT ONE TABLET OF PAPE'S DIAPEPSIN FOR INSTANT RELIEF.

No waiting! When meals don't fit and you belch gas, acids and undigested food. When you feel indigestion pain, lumps of distress in stomach, heartburn or headache. Here is instant relief.



Just as soon as you eat a tablet of Pape's Diapepsin all the dyspepsia, indigestion and stomach distress ends.

The Way of It. "Chippie is boasting about saying a life at Atlantic City."

## LOOK AT CHILD'S TONGUE IF SICK, CROSS, FEVERISH

HURRY, MOTHER! REMOVE POISONS FROM LITTLE STOMACH, LIVER, BOWELS.

GIVE CALIFORNIA SYRUP OF FIGS AT ONCE IF BILIOUS OR CONSTIPATED.



Look at the tongue, mother! If coated, it is a sure sign that your little one's stomach, liver and bowels need a gentle, thorough cleansing at once.

When peevish, cross, listless, pale, doesn't sleep, doesn't eat or act naturally, or is feverish, stomach sour, breath bad; has stomach-ache, sore throat, diarrhea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of the little bowels without griping, and you have a well, playful child again.

# SPANISH INFLUENZA--WHAT IT IS AND HOW IT SHOULD BE TREATED

Nothing New—Simply the Old Grip or La Grippe That Was Epidemic in 1889-90, Only Then It Came From Russia by Way of France and This Time by Way of Spain

Go to Bed and Stay Quiet—Take a Laxative—Eat Plenty of Nourishing Food—Keep Up your Strength—Nature is the Only "Cure"

## ALWAYS CALL A DOCTOR

### NO OCCASION FOR PANIC

Spanish influenza, which appeared in Spain in May, has all the appearances of grip, or la grippe, which has swept over the world in numerous epidemics as far back as history runs.

### THE SYMPTOMS

Grip, or influenza, as it is now called, usually begins with a chill, followed by aching, feverishness, and sometimes nausea and dizziness, and a general feeling of weakness and depression.

### THE TREATMENT

Go to bed at the first symptoms, not only for your own sake, but to avoid spreading the disease to others—take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry.

### EXTERNAL APPLICATIONS

In order to stimulate the lining of the air passages to throw off the grippe germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective.

### HOW TO AVOID THE DISEASE

Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly through coughing, sneezing or spitting.

### KEEP FREE FROM COLDS

Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapors, or better still, use VapoRub in a benzoin steam kettle.

Largest French Cargo Boat. On April 24th last the largest steamer ever built for the French merchant marine was launched from the Chantiers de France at Dunkirk, France.

Using "Cut-Over" Lands. Agricultural possibilities of "cut over" lands in Louisiana have been once more demonstrated by Ed Strain, a farmer living a mile and a half north of St. Benedict, producing a bale of cotton an acre on cut-over land broken and prepared in the fall and planted in cotton in the spring of the next year.

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* in Use for Over 30 Years.

Lizards May Save Crops. Lizards are used in Trinidad to combat millions of froghoppers that are now infesting the sugar-cane fields.

Soothe Baby Rashes. That itchy and burn with hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better. For free samples address, "Cuticura, Dept. X, Boston."

The Chief Interest. At an official reception a congressman talked in a windy and grandiloquent way about our war aims, appealing every minute or two to Secretary Baker.

"Cold in the Head" is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds.

Teddy Was Wise. The other day Teddy's father wanted to give him a dose of castor oil concealed in raspberry jam.

Kangaroo farming is an important industry in Australia.



Get Dodd's for kidney ills—prompt relief or money back. Insist on box with 3 D's in name, shown here. All druggists.

Every Woman Wants Partine ANTISEPTIC POWDER FOR PERSONAL HYGIENE

Disolved in water for douches stops pelvic catarrh, ulcers and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years.

Stop Losing Calves You can Stamp Abortion Out of your HERD and Keep It Out

By the use of DR. DAVID ROBERTS' "Anti-Abortion"

Deep-Seated Colds develop serious complications if neglected. Use an old and time-tried remedy that has given satisfaction for more than fifty years

PISO'S W. N. U., ST. LOUIS, MO. 44-1918.

# CONSTIPATION

IS HUMANITY'S GREATEST FOE. It is always a terror to old people and a menace at some time or another to every human being, young or old. It is the forerunner of more ill and suffering than almost any of NATURE'S DANGERS and should never be allowed to go unheeded.

Dr. Tutt's Liver Pills

The Busy Stork. Every year 2,250,000 babies are born in the United States. The daily birth rate is a little over 6,170.



When Baby is Teething GROVER'S BABY BOWEL MEDICINE will correct colic and bowel troubles. Perfectly harmless. See directions on the bottle.

London's Wires. London's telephone and telegraph wires extend to 73,500 miles overhead and 321,000 miles underground.

## Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GORDON, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE ISBELL, Box 197, North Haven, Conn.

## In Such Cases

# LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.