

HOW MRS. BEAN MET THE CRISIS

Carried Safely Through Change of Life by Lydia E. Pinkham's Vegetable Compound.

Nashville, Tenn.—"When I was going through the Change of Life I had a tumor as large as a child's head. The doctor said it was three years coming and gave me medicine for it until I was called away from the city for some time. Of course I could not go to him then, so my sister-in-law told me that she thought



Lydia E. Pinkham's Vegetable Compound would cure it. It helped both the Change of Life and the tumor and when I got home I did not need the doctor. I took the Pinkham remedies until the tumor was gone, the doctor said, and I have not felt it since. I tell every one how I was cured. If this letter will help others you are welcome to use it."

—Mrs. E. H. BEAN, 525 Joseph Avenue, Nashville, Tenn.
Lydia E. Pinkham's Vegetable Compound, a pure remedy containing the extractive properties of good old fashioned roots and herbs, meets the needs of woman's system at this critical period of her life. Try it.
If there is any symptom in your case which puzzles you, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass.

Then Billie Will Have Birthday. George Washington is a very real personage to little Billie Gumberts of Evansville. When auntie was tucking him into bed the night before Washington's birthday, she said: "Tomorrow's Washington's birthday, Billie."

Out of the goodness of his heart, Billie murmured sleepily: "And what is it to give him for a birthday present, Auntie Grace?"—Indianapolis News.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

After Election. Hoax—A man is foolish to bet on elections. Joax—How much did you lose?

There's many a slip 'twixt the cup and lip, but only one between a man and the sidewalk.

The First Sneeze is the Danger Signal—Time to take



The old standard remedy—in tablet form—No unpleasant after effects—No opiates—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—25c—Any Drug Store.

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Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try **CARTER'S LITTLE LIVER PILLS**. Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowel. Cure Constipation, Biliousness, Sick Head, ache and indigestion, as millions know. **SMALL PILL, SMALL DOSE, SMALL PRICE.** Genuine must bear Signature *W. D. Wood*

Farmers Attention
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No laying up—No hospital operation—No pay unless cured. Write C. Y. Clement, M. D., 555 Good Elk, Des Moines

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REBECCA'S STRATEGY.

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Rachel was a very large black and white duck. She lived on Hill Top farm, away up in Vermont. Becky and Ikey also lived on Hill Top farm. Becky was a brown speckled duck and Ikey was a drake whose feathers were white and tan color.

Becky was lame and sometimes she would lie down in the cool grass to rest and Ikey and Rachel would be so interested in talking they would not miss her. Suddenly Rachel would look behind and not seeing her friend she would quack to Ikey, who would stretch his neck and look all around.

They both would waddle back quacking as they went. Becky would wait until they almost reached the spot where she was resting and then she would slowly rise and limp toward them.

But one day all this changed. A big box arrived and Solomon and 15 ducks took up their abode at Hill Top farm.

Ikey, Rachel and Becky watched them as they waddled in a line around the farm, looking over their new home. "Those ducks are skinny looking creatures," remarked Rachel, who was almost as large as two ordinary ducks. "If Becky was not lame she would be larger than any of them."

"Solomon is rather a handsome fellow," said Becky, who had heard Farmer Henry call Solomon by name when he flew out of the box.

"He isn't any handsomer than Ikey," retorted Rachel.

Ikey all this time had maintained a dignified silence, but he kept his eyes on the pretty little ducks that had arrived with Solomon, and as soon as he could he slipped away from Becky and Rachel and joined the newcomers.

As I have told you, Rachel was old and Becky was lame, and when from under a currant bush where they were resting they saw Ikey waddling along with Solomon and his young family they felt a pang shoot through their feathered breasts.

"Anyway, I don't believe any one of them can lay such fine eggs as you can, Rachel," said Becky, who looked upon Rachel as beyond compare since the morning an egg of extra size and been found in Rachel's nest.

Rachel stood up, stretched her wings and shook out her tail feathers. "No, I do not expect they can," she said, "and I'll show them a larger one than the one you saw."

"They needn't think they can come here and waddle around just because they are younger than we. They will soon find out that the duck that can lay the largest egg is the one who holds sway here."

A few days later Ikey, Rachel and Becky were taking a walk. In the distance Rachel saw Solomon and his young family. "Don't you think we had better speak to them?" she asked Ikey. "We do not need to associate with them, but I think it would be wise to be on bowing terms."

The rain began to fall just then, and as Solomon and his family waddled along Rachel remarked: "Isn't this beautiful weather?"

Solomon and his family stopped and they gathered around Rachel, who was much the largest of the group. "But Rachel saw Ikey on the outside of the group talking to one of the new ducks. "Here, Ikey," she said with a good natured quack, "you talk to Solomon. I want to talk to the ducks about the eggs they are laying. Such a fine looking lot of ducks must be giving Farmer Henry a nice lot of eggs."

Ikey waddled over to Solomon, and the ducks drew closer to Rachel. Suddenly she said in a very loud voice: "Come with me and let me show you just what Farmer Henry expects."

Ikey and Solomon lifted their heads and saw Rachel with all the new ducks following her leading the way to the place where Rachel had her nest. Solomon and Ikey followed, and when they were all around the nest, Rachel pushed aside some straw that was over it and displayed the largest duck egg any of them had ever seen. The young ducks were speechless



with admiration, but Solomon managed to gasp: "Did you lay that?"

"Of course I did," remarked Rachel. That afternoon when Rachel and Becky were sitting under the currant bush Becky asked: "Where is Ikey?"

"He is not far away," laughed Rachel. "He heard Solomon ask me if I didn't think their duck house was a better place to live in than ours, and Ikey has kept close watch since then that Solomon did not get another chance to talk to me alone."

"You will not see him walking with those young ducks any more. He knows that the duck that lays the largest egg in Vermont is not to be slighted."

"Quack, quack," called Ikey, waddling toward the currant bush. "Here we are under the bush," quacked Rachel.

"Oh!" quacked Ikey, with a sigh of relief. Rachel gave Becky a little tap with her bill. "He thought we had gone walking with Solomon," she quacked, "there is nothing like a little strategy to bring about the situation you most desire."

A French officer who is a prisoner in Germany has on two occasions managed to communicate with his family by attaching a letter to a toy balloon.

The Minneapolis robber who dived through the plate glass door of a bank, bearing in his hand a bag marked \$10,000, was stunned by that escapee enough to be captured, and when the bag was found to contain only \$25 he got such another stunning that officers could hardly hold him in his eagerness to get to jail.

Kansas City public library circulated 19,139 books in 1915.

EUROPE NOW FACING GREAT MEAT FAMINE

Captures From Enemies Have Greatly Replenished Austro-German Supply.

Vienna.—None so plentiful before the war, meat is likely to become a real luxury in Europe, after peace is declared and remain so for a considerable time until stock breeding has progressed on an immense scale.

The central power group believes it will find itself better off than the entente group in this respect, but both groups will certainly find it a serious problem. At the expiration of two years of warfare—which period will soon be reached—it is estimated the entente powers will be short 7,575,000 head of meat animals, while the central group, owing to the territories occupied by their armies, would in that time lose only 2,900,000 heads through over-consumption due to the war.

Commenting upon the situation the Paris Revue Des Deux Mondes points out that France lost 20 per cent of its meat animal stock by the occupation of 10 departments of the Germans. France lost through this 1,510,000 horned cattle, 14,500,000 sheep and 814,315 pigs. This means, says the periodical, that France is deprived of an annual meat production of 411,000 tons.

The live stock of Belgium also was lost by the entente, this being estimated to amount to about 2,000,000 heads of cattle, 18,000,000 sheep and over 2,000,000 pigs. Germany gained thus the meat production of roundly 39,000,000 animals in the western theater alone.

Though the Russians saved much of their live stock in Poland and the 40,000,000 head of animals fell in the hands of the Germans and Austro-Hungarians. Against this must be charged the losses sustained by the central powers in Galicia and east Prussia, said to amount to about 8,000,000 heads, because in east Prussia much of the stock was driven off beforehand, while the Galician live stock had already been drawn on heavily by the Austro-Hungarian troops.

The live stock found in Serbia is estimated at about 8,000,000 heads of meat animals, so that the central powers have in their favor a balance of about 78,000,000 animals. This means a meat production of roundly 1,910,000 tons per year.

This cannot be looked upon as an increase altogether of the central powers' food supply. In the territories from which this live stock comes lives a population of about 35,000,000, whose wants must be met, of course. Nevertheless, the meat production of the territories occupied by the German and Austro-Hungarian troops being some 38,218,000 pounds annually, which is 1,092 pounds per capita, a large surplus is left for the occupying troops. A daily meat ration of eight ounces for each inhabitant of the districts held, would place at the disposal of the Germans and Austro-Hungarians, 20,700,000,000 pounds per year. Even in view of the fact that the meat consumption of the central powers' armies is 456 pounds for each man a year, this quantity would go far towards maintaining the men in the field.

That pork and pork fats are hard to get at present in the central powers countries may be hard to understand in the light of these conditions. But the following explanation of this fact is given here. Pork has been the favorite meat of the men at the front, owing to its heat producing qualities, and in addition, last year, when the grain and potato crops of the central empires were decidedly poor, too many pigs were butchered in order to lessen the demand for feed.

Before the outbreak of the war, the live stock of Europe, the Balkan states and the Ottoman empire not included, stood as follows:

Entente States—76,632,912 cattle, 104,604,952 sheep, 30,093,912 pigs.

Central States—46,746,912 cattle, 48,586,399 sheep, 36,446,391 pigs.

Neutral States—107,506,008 cattle, 184,278,872 sheep, 91,063,084 pigs.

Entente states which are least favorably situated in their meat supply coming from home production are Great Britain and Italy. The annual per capita consumption in Great Britain is about 150 pounds. Of this 60 per cent has to be imported. A table recently compiled by the well known Italian economist, Ferretti, shows that Italy has already used one-half of its horned cattle to feed its army.

Russia is probably best off in this respect, though heavy demands on its meat production have also been made. To feed its army, estimated at 8,000,000 men under arms, took during the first war year no less than 300,000,000 heads of meat animals.

France in addition to having lost a considerable share of meat animals, is obliged to feed about 3,000,000 refugees from the occupied departments and Belgium. Russia has to care similarly for over 6,000,000 refugees.

Between the average normal meat consumption of the nations at war, ranging from 110 to 150 pounds per capita, and the consumption of meat by some 25,000,000 men under arms, running from 220 and 260 pounds per man, in the Italian and French armies respectively, and reaching 456 pounds per man in the German, Austro-Hungarian and Russian armies, there is a difference of roughly 3,450,000 tons. According to French economists it takes 142,000,000 animals to produce this annually.

The total meat animal stock of the belligerent states was 343,700,000 heads at the outbreak of the war. The excess consumption by the armies of Europe is therefore a little more than 41 per cent of the annual supply of meat, a serious matter when it is considered that with these inroads upon live stock the rate of reproduction is also much decreased.

For the time being, however, the problem affects the central powers mainly in the supply of pork. The man at the front prefers that meat to any other, because in army terms, it "sticks to the ribs" better. Mutton is not a favorite, because the men think it too "light," and beef is enjoyed only if it has been cooked in the field kitchen. Pigs, however, are prolific reproducers, and a few years' chance to multiply will make them as plentiful as ever. With horned cattle a quick rehabilitation in this manner is not possible, and beef is for this reason likely to remain a scarce article long after peace is declared.

Hot Water Each Morning Puts Roses in Your Cheeks



To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract.

Couldn't Evade "Special."

A Lancashire man who has a hen roost near the railway was complaining to a friend about having some of the birds killed by passing trains. "Tha should hang 'em a timetable up in the house, and then they could look when th' trains were booked to come past," said the friend. "Timetable be hanged!" said the other. "They know weel enough when th' ordinary trains 'll pass. When Aw've hed one killed it's allus bin wi' a 'special.'"—London Tit-Bits.

Adam's apple was given to him to remind him of the time when he got it in the neck.

before putting more food into the stomach.

Girls and women with sallow skins, liver spots, pimples or pallid complexions, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphated hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

Women who desire to enhance the beauty of their complexion should just try this for a week and notice results.

Noile Prosequit.

Rastus had caught Sambo red handed. "Ah'm gwine hab yo' arrested foh stealin' mah chickens, yo' Sambo Washinton—dat's jess what ah'm gwine to do," said Rastus. "Go ahead, niggah," retorted Sambo. "Go ahead and hab me arrested. Ah'll mek yo' prove whar yo' got dem chickens yo'self!"

Its Sort.

"That woman's train goes as fast as an express train." "And is always on the rail."

Some men value outward show more than inward worth.

BACKACHE AND KIDNEYS IN THE SPRING

Dear Mr. Editor: For the benefit of others, I gladly give this statement regarding the merits of "Anuric." Am nearly 76 years of age. I suffered from backache, weak back, rheumatism, and could not control the excretion of the kidneys. I can safely say that "Anuric," the new discovery of Dr. Pierce, of Invalids' Hotel, Buffalo, N. Y., has done me more real good than anything I have ever taken for these ailments. Signed—Mrs. N. M. Flint.

NOTE:—A new remedy, called "Anuric," has been discovered by Dr. Pierce. It cures backache, headache and the darting pains and aches of rheumatism, kidney and bladder troubles. This "Anuric" is 37 times more potent than lithia, and dissolves more readily than hot water does sugar.

Now is the time to bring to your aid Dr. Pierce's Golden Medical Discovery (in tablet or liquid form). This wonderful remedy helps to restore stomach to its natural health and strength and to secure proper flow of the digestive juices, a good appetite and full digestion of the food you eat. It invigorates the liver, regulates the bowels and purifies and enriches the blood. Dr. Pierce's Golden Medical Discovery is absolutely free from alcohol and injurious drugs. Its ingredients printed on wrapper. You can be certain it is a true blood-maker, tissue-builder, and a restorative nerve tonic and that it will produce no evil after-effect. Thousands—probably many of your neighbors—are willing to recommend "Golden Medical Discovery" because it has made them stronger in body, and more vigorous in nerve.

Wanted 50,000 Farm Hands

of experience at once on the farms of Western Canada

To replace the young farmers who have enlisted for the war. Good wages and full season's work assured.

There is no danger or possibility of Conscription in Canada.



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