

WOMAN NOW IN PERFECT HEALTH

What Came From Reading a Pinkham Advertisement.

Paterson, N. J. — "I thank you for the Lydia E. Pinkham remedies as they have made me well and healthy. Some time ago I felt so run down, had pains in my back and side, was very irregular, tired, nervous, had such bad dreams, did not feel like eating and had short breath. I read your advertisement in the newspapers and decided to try a bottle of Lydia E. Pinkham's Vegetable Compound. It worked from the first bottle, so I took a second and a third, also a bottle of Lydia E. Pinkham's Blood Purifier, and now I am just as well as any other woman. I advise every woman, single or married, who is troubled with any of the aforesaid ailments, to try your wonderful Vegetable Compound and Blood Purifier and I am sure they will help her to get rid of her troubles as they did me." — Mrs. ELSIE J. VAN DER SANDE, 36 No. York St., Paterson, N. J.



Write the Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass., if you need special advice.

BIRD UTILIZES SNAKE SKIN

Various Reasons Advanced by Naturalists for the Action of the Crested Fly-Catcher.

Habit of generations leads the crested fly-catcher to select a dried snake skin to line his nest. There are various explanations of why he does it. Some naturalists believe it is an effort on the part of the bird to render the nest waterproof. Others think the dried skin serves as a burglar alarm, to rattle at the approach of a squirrel or another enemy and warn the bird to defend his home.

He builds his nest in hollow trees, stumps or posts, says the Philadelphia Inquirer. Sometimes he rents the abandoned home of a woodpecker. Prof. H. A. Surface, Pennsylvania state zoologist, tells of one that usurped a rural mail box for his flat; of recent years they have been known to inhabit box homes put up for their special benefit.

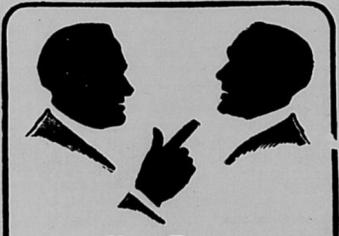
So if you want to encourage the crested fly-catcher, build him a box nest. He'll pay his rent many times over. He eats beetles, flies, grasshoppers, butterflies and moths, and few insects are speedy enough to escape the snapping of his bill.

Very Considerate.

"Have you ever traveled sixty miles an hour in your automobile?"

"No," replied the cautious motorist. "In our part of the country passenger trains seldom go faster than forty miles an hour and I don't want to bring our railroads into disrepute."

Technically speaking, a hair's breadth is seventeen ten-thousandths of an inch.



Have You Ever Suspected

that the cause of various annoying ills might lie in the daily cup of tea or coffee?

A sure and easy way out of coffee and tea troubles is to shift to

Instant Postum

There's no caffeine nor anything harmful in this delightful, pure food-drink — just the nourishing goodness of wheat.

Postum has put thousands of former tea and coffee drinkers on the Road to wellville.

"There's a Reason"

STRIKE OFF; ROADS YIELD TO WAR PLEA

New York, March 20—Conferences will be held here tomorrow between the railway managers and the brotherhood chiefs to decide a basis of computation of back pay. Inasmuch as the new agreement is to be retroactive, beginning January 1, it is estimated, unofficially, that the men have coming to them between \$12,000,000 and \$13,000,000.

New York, March 20—Yielding to the appeal of President Wilson, and facing the probability of this country's entrance into the world war, the railroads early today granted the demands of the four employees' brotherhoods for a basic eight-hour day. The telegraph wires this morning are carrying throughout the United States messages from the brotherhood chiefs rescinding the orders for the inauguration of the great progressive strike at 7 o'clock tonight.

The conference committee of railroad managers early this morning authorized President Wilson's mediators to make whatever arrangements were necessary with the railroad brotherhoods to call off the threatened strike.

The decision is regarded as a complete surrender to the brotherhoods, brought about, however, after the patriotism of the railroad managers had been put to a test. The president's mediators, playing what they considered their last trump card, were not successful in their mission until after more than 50 hours of anxious conferences, all of which pointed within a short time before the decision was announced, to an inevitable deadlock.

Secretary of the Interior Lane, and the other mediators were visibly affected when told of the action of the railroad managers. Mr. Lane sent immediately for the committee of the railroad managers and, turning to Elisha Lee, their spokesman, said:

Lane Praises Railroads. "This is a magnificent thing that you have done for your country. It will go down in history as one of the greatest things you ever did."

The brotherhood chiefs, who already had left the hotel where the conferences were being held, and had retired for the night, apparently convinced that a settlement of the differences could not be reached, were summoned next. Their faces showed the relief they felt from the strain under which they had labored since early Friday evening with the president's committee. W. C. Lee, head of the trainmen, announced for them that orders would go forward at once informing all district chairmen of the brotherhoods of the successful outcome of the conferences.

300,000 Men Get Increase. By the terms of the settlement, the combined salary list of the railroads will be increased approximately \$60,000,000 a year according to conservative estimates. The number of workmen profiting by this increase will be more than 300,000.

That the crisis resulting from the sinking of three American ships by German submarines was the prime factor in clearing the situation and restoring the country to normal conditions so far as its transportation facilities were concerned, was conceded by all.

Friendly Feeling Expressed. The agreement which averted the strike was signed in Secretary Lane's room at 5:15 this morning, just a few hours after the managers had agreed to abandon the long and bitter fight they have made against the brotherhoods' demands.

As the last of the nine to sign it attached his signature the tension in the little group relaxed. The managers and the chiefs shook hands with one another and with each of the Washington mediators.

The sun was just touching the white fronts of the neighboring skyscrapers with light. As the dozen broke into little groups, the room suddenly became silent when W. H. Carter, of the firemen and engineers, looking out said, "Why, look out there. It's dawn of a new day."

Most of those present thought he had expressed the feeling of all, for it was the first time in many years that there has been such evidence of friendly relations between the men who run trains and the men who manage them.

TERMS OF SETTLEMENT.

New York, March 20—The presidential mediation committee sent the following letter to Elisha Lee, chairman of the committee of the railroads.

"We are in receipt of your favor of this date, placing in our hands for immediate adjustment the matter of the differences between your committee and the railroad brotherhoods.

"We have brought this letter before the brotherhoods with the statement that, in our judgment, it was advisable to put into effect the provisions of the Adamson law, whether it be held valid or otherwise. This was acceptable to them. Thus by your own action, urged thereto by the highest reasons of national concern, you have averted a national calamity.

"We would be delinquent in a true sense of gratitude if we failed to express our sincerest appreciation of the action you have taken. We trust that it promises a long period of hearty cooperation between the railroad management and their employees."

Agreement Is Signed.

The agreement signed by representatives of the brotherhoods of the roads and by the commission reads as follows:

"In all road service, except passenger, where schedules now read 100 miles or less, nine or 10 hours or less, overtime at 10 or 11 miles per hour, insert 'eight hours or less for a basic day and 12½ miles per hour for a speed basis' for the purpose of computing overtime.

"Overtime to be paid for at not less than one-eighth of the daily rate per hour.

"In all yard service, switching and hostelry service, where schedules now read '10, 11 or 12 hours or less, shall constitute a day's work' insert 'eight hours or less than constitute a day's work at present 10 hours pay.'

"Overtime to be paid for at not less than one-eighth of the daily rate per hour.

"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 to-night 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.

A Day's Wage.

It is interesting to note the definition of a living wage as formulated by the court of industrial arbitration of New South Wales in 1914:

"The living wage is standardized as the wage which will do neither more nor less than enable a worker of the class to which the lowest wage would be awarded to maintain himself, his wife and two children—the average dependent family—in a house of three rooms and a kitchen, with food, plain and inexpensive, but quite sufficient in quantity and quality to maintain health and efficiency, and with an allowance for the following other expenses: Fuel, clothes, boots, furniture, utensils, rates, life insurance, savings, accident or benefit societies, loss of employment, union pay, books and newspapers, train and tram fares, sewing machine, mangle, school requisites, amusements and holiday intoxicating liquors, tobacco, sickness and death, domestic help, unusual contingencies, religion, or charity."—National Geographic Magazine.

THE 3 D'S IN DODD'S

Mr. Robert W. Ferguson, Hingham, Mass., writes: I suffered from kidney disorder for years. Had incessant backache and trouble. Nearly died from it at one time while in Vancouver, but overcame it by a persistent use of Dodd's Kidney Pills.



Finally I was completely cured. I occasionally use the remedy now in order to keep the kidneys regulated. I have the highest praise for Dodd's. Be sure to get "DODD'S," the name with the three D's for danged, disordered, diseased kidneys, just as Mr. Ferguson did. No similar named article will do.—Adv.

In Boston.

"Now," said a Boston school teacher to her class in English, "can anyone give me a word ending in 'ous,' meaning full of, 'dangerous,' full of danger, and 'hazardous,' full of hazard?"

For a moment there was a dead silence. Then a small boy raised his hand.

"Well," queried the teacher, "what is your word?"

Then came the reply: "Pious, full of pi!"—Tit-Bits.

CLEAR YOUR COMPLEXION

While You Sleep With Cuticura Soap and Ointment—Trial Free.

On retiring, gently smear the face with Cuticura Ointment, wash off in five minutes with Cuticura Soap and hot water, and continue bathing a few minutes with the Soap. The influence of this treatment on the pores extends through the night.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Postal Surplus in China.

The Chinese postal department shows a surplus of \$500,000 gold for the year 1916. The postal administration was first inaugurated in China in 1896, and operated at a loss until 1913, when the net surplus amounted to \$125,000 gold. Since that time the increase in surplus has grown each year.

Good health cannot be maintained where there is a constipated habit. Garfield Tea overcomes constipation. Adv.

A peach of a girl ought to become a well-preserved woman.

HURLED BACK ALONG FIFTH OF BIG LINE

Germans in Full Retreat Before French and British, Attackers Penetrating Enemy Position 13 Miles.

DRIVE AGAINST VERDUN?

Two French States, Oise and Aisne, to Be Cleared of Invaders Within Two Days, Paris Says.

Paris, March 20.—The German line, at last accounts, was in full retreat over a section which represents almost one-fifth of the vast front from Switzerland to the sea, closely pressed by the French and British. French troops, advancing with the precision of a machine along a 40-mile front, have recaptured important towns and many miles of territory, accomplishing this at small cost to themselves, so carefully has every detail of the movement been thought.

In the Lassigny region west of Roye, the Germans appear to have made only a weak defense since the French were able to push forward 13 miles at one bound. General Neville, the French commander, who is credited with possessing almost uncanny ability to gauge the power of his opponents, is following up the retreating Germans with great rapidity. It is regarded here as doubtful whether the Germans will find it feasible to offer serious resistance before reaching the basic line of defense between Lille and Soissons, two days march from where they now are.

Berlin, March 20, by wireless to Sayville.—Evacuation of territory over a wider sector of the French front, extending from Arras to the Aisne river, is announced by the German war office.

Several lines of French trenches over an extent of 500 metres in one section and 800 metres in another on the Verdun front were stormed yesterday by the Germans. Nearly 500 French prisoners were taken.

Paris, March 20.—Tomorrow or the day after two entire French departments, those of Oise and Aisne, will be liberated from the German invader, according to reports from the fighting front. The total territory now regained is roughly calculated at 620 square miles.

The nature of the ground over which the Germans retreated was almost all against them, and they were harried by cavalry, which is now being used in force for the first time since the battle of the Marne.

At a few points, where nature offered an opportunity for resistance, the Germans tried to make a stand and fell back only after considerable fighting. The newspapers are overjoyed at the liberation of such an extent of territory. Henri Bidou, one of the best known military writers, says:

"Our troops are advancing to victory which, long waiting in underground holes and trenches, spreads her young wings in the broad light of day which she sees again."

The comment on the military aspect of the situation is moderate and even cautious. Le Petit Parisien believes that the rapid retreat of the Germans very probably conceals some design, but that there can be no doubt that notwithstanding the great confidence inspired by Von Hindenburg, the German public will learn with stupefaction of the evacuation of a region where so many Germans have fallen.

"The spirit of the population and the troops," says this paper, "will be affected and to wipe out this bad effect it will be necessary to attempt some operation on a vast scale. This will certainly be undertaken and at a date which cannot be far off."

BATTLE OF BAPAUME ROAD.

British headquarters in France, (staff correspondent Associated Press), March 20.—In the city of Albert, where the famous gilded "leaning virgin" still hangs miraculously from the lofty tower of a rather gaudy and fantastically shell tower church, there has long been a British sign reading "To Bapaume." It has pointed the way along a straight road toward the quaint Picardy town transformed by the Germans into what they term a modern field Gibraltar.

Between Albert and Bapaume lie battlefields of all history. They are called the battle of the Somme, but more correctly might be termed the battle of the Bapaume road. It has been a long 10 miles, but at last Bapaume has been taken and the British khaki line extends well beyond it in all directions.

Every Village Burned.

The gray German lines are falling back now on a front approximating 40 miles. They are dissolving in clouds of blue gray smoke for the Germans have lighted fire to screen in their wake. No village is being spared from the torch. The retreat of the British front extends from well below Chaumes, on the south, almost to Arras, on the north, and covers about one-third of the entire entire British line. It has even extended down where the French lines begin.

The British have pushed into Peronne, where they had to fight virtually every step of the way. A score or more of towns and villages have been taken by the British during the day, and it was reported that patrols had reached as far as Nesle, southeast of Chaumes.

For a time it seemed as if the German retreat would swing from Le Transloy as the southern pivot, but already it has gone far beyond that. Everywhere along this wide front the British are pressing the fleeing German rear guard and Bapaume witnessed lively street fighting.

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 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

Ambiguous.

"My husband's a brute," sobbed the pretty bride.

"What has he done?" asked her sympathetic friend.

"I told him today I had a letter saying mother was ill and couldn't come to visit us."

"And what did he do?"

"He said—he said he hoped it was nothing trivial."

GREEN'S AUGUST FLOWER

Few persons can be sick who use Green's August Flower. It has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick headache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart from gases created in the stomach, pains in the stomach, and many other organic disturbances. August Flower is a gentle laxative, regulates digestion, both in the stomach and intestines, cleans and sweetens the stomach and whole alimentary canal, and stimulates the liver to secrete the bile and impurities from the blood. Try it. Two doses will relieve you. Used for fifty years in every town and hamlet in the United States and in all civilized countries.—Adv.

An Exchange of Courtesies.

"Six cents a loaf for bread? How's that?"

"You'll pay ten before the winter's over," snapped the baker.

"Maybe so, but I won't pay it here," And Mr. Dumund walked out.

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 *Wm. D. Fletchere* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Song Birds in South Africa.

The assertion that the birds of South Africa are not song birds has been disproved.

Nothing jolts a woman's sweet and trusting disposition like marriage.

Dr. Pierce's Favorite Prescription makes weak women strong, sick women well, no alcohol. Sold in tablets or liquid.—Adv.

Don't quarrel with the cook until after you have dined.

Rest Those Worn Nerves



"Every Picture Tells a Story"

Don't give up. When you feel all unstrung; when family cares seem too hard to bear, and backache, dizzy headaches, queer pains and irregular action of the kidneys and bladder may 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. When the kidneys are weak there's danger of dropsy, gravel and Bright's disease. Don't delay. Start using Doan's now.

DOAN'S KIDNEY PILLS
50¢ at all Stores
Foster-Milburn Co. Prop., Buffalo, N.Y.