

WOMEN FROM 45 to 55 TESTIFY

To the Merit of Lydia E. Pinkham's Vegetable Compound during Change of Life.

Westbrook, Me. — "I was passing through the Change of Life and had pains in my back and side and was so weak I could hardly do my housework. I have taken Lydia E. Pinkham's Vegetable Compound and it has done me a lot of good. I will recommend your medicine to my friends and give you permission to publish my testimonial." — Mrs. LAWRENCE MARTIN, 12 King St., Westbrook, Maine.

Manston, Wis. — "At the Change of Life I suffered with pains in my back and loins until I could not stand. I also had night-sweats so that the sheets would be wet. I tried other medicine but got no relief. After taking one bottle of Lydia E. Pinkham's Vegetable Compound I began to improve and I continued its use for six months. The pains left me, the night-sweats and hot flashes grew less, and in one year I was a different woman. I know I have to thank you for my continued good health ever since." — Mrs. M. J. BROWNELL, Manston, Wis.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled in such cases.

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.

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 *W. Wood*

PARKER'S HAIR BALM A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

He Ought to Know. Adam complained. "The early bird may get the worm, but if you are too early you get a snake," he cried.

Its Result. "What do you think of this business of the Germans taking a Frye?" "They are apt to find themselves in a broil."

PREMATURE BALDNESS

Due to Dandruff and Irritation, Prevented by Cuticura.

The Soap to cleanse and purify, the Ointment to soothe and heal. Daily shampoos with Cuticura Soap and occasional applications of Cuticura Ointment gently rubbed into the scalp skin will do much to promote hair-growing conditions. Sample each free by mail with Book. Address postpaid, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

There were 2,000,000 Slaves in the United States before the European war broke out.

The physician who takes life easy is a dangerous character.

Feel All Used Up?

Does your back ache constantly? Do you have sharp twinges when stooping or lifting? Do you feel all used up—so as if you could just go no further? Kidney weakness brings great discomfort. What with backache, headaches, dizziness and urinary disturbances it is no wonder one feels all used up. Doan's Kidney Pills have cured thousands of just such cases. It's the best recommended special kidney remedy.

An Oklahoma Case

Mrs. Robert Webster, 1140 W. First St., Oklahoma City, Okla. says: "My kidneys were disordered by a poor drinking water and they acted irregularly. I suffered intensely from dizziness, spells and headaches and little puffy sacs appeared beneath my eyes. I had nervous spells, also. On a relative's advice, I used Doan's Kidney Pills and three boxes later I was in good shape."

Doan's Kidney Pills. **DOAN'S KIDNEY PILLS.** FORT MYERS, FLA. BUFFALO, N. Y.

PASKVITCH FOR PHOTOGRAPHY

127 E. 1st St. Phone 1000

RELISHES FOR SPRING

TEMPTING MENU NEEDED AT THIS SEASON.

Condiments Liked in the Winter Have Lost Their Savor and Others Must Be Provided to Take Their Places.

Springtime appetites should be as fresh and unspoiled as is the spring itself. But too often the spring appetite is dulled and it is only by dint of constant care the housekeeper or cook is able to provide a tempting diet on the spring table.

Winter fare falls at this season. And the usual winter condiments and appetizers fall to work successfully. Mustard pickles, chowchow, cole slaw, olives—all have lost their winter trick of whetting the appetite. Celery has literally lost most of its crispness and sweetness by spring. New appetizers and relishes must be relied on to give point to the daily diet.

Cucumbers are one reliable spring relish. There is, of course, much objection to cucumbers on the ground of indigestibility. They are usually indigestible—that nobody can deny. But some people do not find them so, and eat them without fear. So if they are not taboo on your table, make use of them. It is a good plan to slice them thinly and place them in iced water in the refrigerator for an hour before using them. Then dress them with oil and vinegar and serve them with fish. Or dice them and mix them with diced green pepper and celery, with mayonnaise, in cups of lettuce leaves as a salad.

Tomatoes, too, can be made to serve admirably the purpose of whetting the appetite. A very good appetizer with which to begin dinner is a round of firm tomato, half an inch thick, on which is placed pepper, celery or cucumber, mixed with mayonnaise dressing. Sliced tomatoes, iced in the refrigerator, are another good dinner accompaniment. They may be served with fish or with the meat course. And of course all sorts of tomato salads are delicious in spring. And a good sherbet for dinner can be made of equal parts of strained tomato juice and meat stock, to which a little softened gelatin has been added; frozen in an ice cream freezer to sherbet consistency.

Radishes should always be served very cold. Clean them and chill them thoroughly in iced water and then cut in attractive shapes. Make roses, sometimes, by cutting back the red skin in points. Again, slash the radishes from the pointed end down three or four times. Slice radishes and serve with other vegetables on lettuce leaves for salad.

Sweet green peppers are as useful in warm weather as in cold. Chop them and mix with an equal amount of celery, chopped fine, and moisten with mayonnaise. Serve a spoonful on a lettuce leaf for salad, or serve a spoonful on a slice of thin, crisp toast in the form of a canape for an appetizing beginning to dinner. Stuff a pepper, one end of which has been removed, with cream cheese and chopped nuts and slice to serve with salad.

Calf's Heart.

Merely wash off the blood. One could by soaking extract all the flavor from the heart. Stuff it with veal forcemeat stuffing or a common stuffing. Tie a buttered paper over the mouth of the heart to keep the stuffing in place. Put it into a small baking pan with a little hot water, pepper and salt. Bake nearly two hours, basting it very frequently. When done thicken the gravy with flour, strain, skin and season it and pour it on the dish around heart. Garnish the plate with onions, first boiled until nearly done, then seasoned with pepper, salt and a little butter and browned in oven.

Peach Moonshine.

Take preserved peaches and cut into tiny pieces till you have enough to fill a teacup. Beat the whites of five eggs to a very stiff froth, then add gradually six tablespoonfuls of confectioners' sugar, beating it hard for 20 minutes; then beat in the peaches and set it on ice till thoroughly chilled. Put rice, sweetened cream in the glass and liberal portion of the moonshine. Pineapple or other fruit can be served in the same way.

Orris Root for Laundering.

When washing handkerchiefs, break up a quarter of an ounce of orris root and tie it in a piece of muslin, boiling it in with the handkerchiefs for a quarter of an hour.

When dry, iron them carefully, and they retain a delicate violet odor that is very refreshing.

Use about three pints of water for this quantity of orris root.

Chocolate Fudge.

One cupful brown sugar, one cupful white sugar, one-half cupful milk, two squares of chocolate, boil five minutes, not too hard, but keep boiling all over. Just before removing from the fire add a small piece of butter about one-half size of egg. Remove and beat, add a few drops of vanilla, turn into a greased pan before it gets too hard.

Marmalade Sandwiches.

Make these just before eating them. Butter white and brown bread and spread with orange marmalade, rather thinly. On each slice of brown bread put a slice of white buttered bread and on the white put brown slices.

NO WAR TAX ON CANADIAN LANDS

Untruthful Reports Circulated by Interested Parties.

Defaming a neighbor at the expense of the truth does not help those who are guilty of the practice, and it may be said that those spreading false reports about Canadian lands, in the hope that they may secure customers for their own, will certainly fail of their purpose. False statements so maliciously circulated will sooner or later be disproved. And, as in the case of the lands of Western Canada, the fertility of which is now so well known to people of every state in the United States, the folly of this work shows an exceeding short sightedness on the part of those guilty of the practice.

The present war has given some of these people the opportunity to exercise their art, but in doing it they are only arousing the curiosity of those who read the statements and a trifling investigation will only reveal their untruthfulness.

A very foolish statement has recently appeared in a number of papers, reading in part as follows:—

"It is believed that as a result of the war tax on land imposed by the Canadian Government a number of former Dakota farmers who went to the British Northwest will be compelled to return to the United States. Information has been received that the tax will amount to about \$500 for each farm of 160 acres, which in the case of many of the former residents of the two Dakotas would practically amount to confiscation."

To show that the public has doubted, hundreds of inquiries have been made the Government at Ottawa, Canada, only to bring out the most emphatic denial. A full-fledged lie of this kind has, of course, only a short life, and will tell in the end against those who forge it and spread it, but, as a Winnipeg paper points out, it is most complimentary to the agricultural possibilities of Western Canada to find that rival farming propositions need audacious mendacity of this description to help them.

What is the truth? The Saskatchewan Government has authorized a levy of \$10 per quarter section on uncultivated lands owned by non-residents. The Alberta Government has imposed a Provincial tax of 10 mills on the assessed value of all uncultivated lands. There are some special applications of these taxes, but the main provisions are as above. Those vacant lands held by non-residents in Western Canada form a grave problem. They are making for poor communities, poor schools and poor social and economic conditions generally. By having them cultivated the owners as well as the districts in which they are located will benefit alike. It is for this reason that the Government has recently asked the co-operation of the non-residents. The high price of grain for some years to come, and the general splendid character of Western Canada land will make the question well worth consideration.—Advertisement.

BREAKING THE NEWS GENTLY

Liverpool Man Exceedingly Careful That He Should Not Shock the Nerves of His Friend.

In Liverpool there is a man, writes a contributor to Pearson's Weekly, who is famous for his calmness on every occasion. One day he strolled leisurely into the office of a friend.

"I've just had a chat with your wife," he began.

"Why, I didn't know she was in town."

"Oh, she wasn't in town," replied the other. "I called at your house."

"I didn't know she was receiving today," said the husband, with some surprise. "I thought she had a headache."

"She didn't mention it to me," said the calm man. "There was quite a crowd at the house."

"A crowd!" echoed the husband.

"Yes," went on the calm man. "They came with the fire engine."

"The fire engine!" gasped the husband.

"Oh, it's all right," went on the calm man. "It's all out now. It wasn't much of a fire, but I thought you'd like to know of it."

Method in His Madness.

"Do you realize that your long sermons are rather tiresome?" asked the young person who was new at the game.

"I do," replied the wise person, who was beginning to carry weight for age. "That is why my congregation gives me such long vacations."

ALLEN'S FOOT-EASE for the TROOPS

Over 100,000 packages of Allen's Foot-Ease, the antiseptic powder to shake into your shoes, are being used by the German and Allied troops at the front because it relieves the feet, gives instant relief to Corns and Bunions, hot, swollen, itching, tender feet, and makes walking easy. Sold every where. Try it TODAY. Don't accept any substitute. Adv.

The ice cream consumption of the United States is estimated at five quarts per capita annually.

W. L. DOUGLAS

MEN'S \$2.50 '3 \$3.50 \$4.00 \$4.50 '5 \$5.50 SHOES
WOMEN'S \$2.00 \$2.50 \$3.00 \$3.50 & \$4.00 SHOES
BOYS' \$1.75 '2 \$2.50 \$3.00 MISSES' \$2.00 & \$2.50

YOU CAN SAVE MONEY BY WEARING W. L. DOUGLAS SHOES

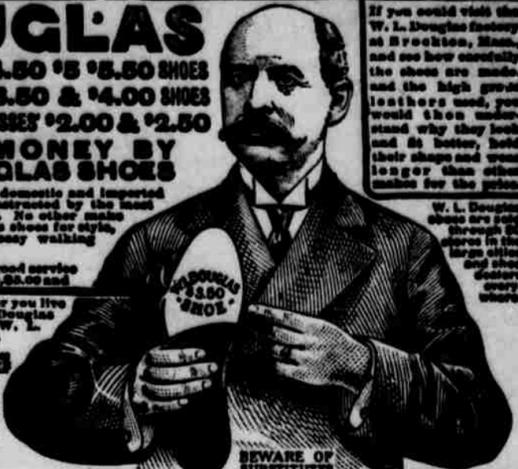
W. L. Douglas shoes are made of the best domestic and imported leathers, on the latest models, carefully constructed by the hand support last and pattern makers in this country. No other make of equal price, can compete with W. L. Douglas shoes for style, workmanship and quality. As comfortable, easy walking shoes they are unsurpassed.

The \$2.50, \$3.50 and \$4.50 shoes will give as good service as other makes costing \$4.00 to \$5.00. The \$4.50, \$5.00 and \$5.50 shoes compare favorably with other makes costing \$5.00 to \$6.00.

Wherever you live in the U. S. you can get W. L. Douglas shoes at the price.

When buying W. L. Douglas shoes, look for the name and price stamped on the bottom. For 25 years W. L. Douglas has stamped the name and price on the bottom of every shoe he has made. He is proud to take some other make stamped to be just as good. You are paying your money and are entitled to the best. If your dealer cannot supply you, write for Illustrated Catalog showing how to order by mail.

W. L. Douglas, 210 Spark St., Brockton, Mass.



Parliamentary.

Brown—Where's that fiver I laid on the table a moment ago?
Mrs. Brown—You never expected to see that again, did you?
Brown—And why not?
Mrs. Brown—You told me that in parliamentary practice, when a bill is laid on the table, it is seldom heard of again.—Harper's Bazar.

Easy Money.

Burglar—Come, now, I just beat up the janitor and got upstairs here and I want your purse quick.
Platdweller—You beat up the janitor?
Burglar—Yes. Here, where are you going?
Platdweller—It's all right. I haven't any purse myself, but I'm sure I can raise one among the tenants in a few minutes.

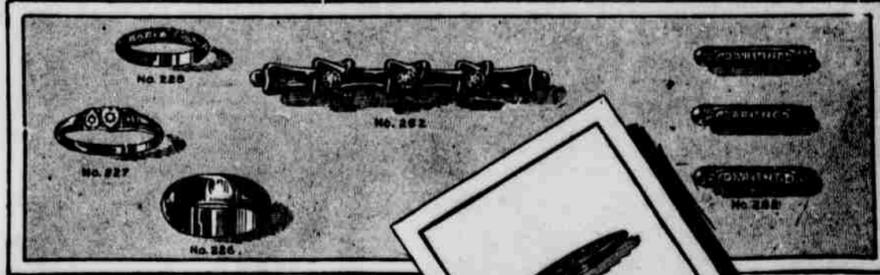
Their Kind.

"What do you think of the way that upstairs Binks gives himself airs? Here he was talking the other day about the delights of his salad days."
"Well, I could have reminded him that they were not chicken salad days."

Not the Same.

"Have you caught any of the divine afflatus from the coming of the spring?"
"No; all I've caught is the influenza."

When prohibitionists have banquets they are supposed to eat the toasts.



Two beautiful Collar Pins for you.

With a signature from a one-pound package of Arbutus' Ariosa or Arbutus' Ground Coffee and eight cents in stamps. Special introductory offer, ending May 15, 1915.

Cut out the Coupon now and mail it today

Collar pins will be worn more than ever this season. Fashionable high collars have made them absolutely necessary. These pins have absolutely solid rolled gold tops and will last for years. If they do not give excellent wear, we guarantee to exchange them without question.

This special offer is made to get you to buy your first pound of Arbutus' Coffee now. When you use this first pound you will know why more Ar-

butus' Coffee is sold than any other packaged coffee, and why its sale is continually increasing.

Get a package today, and earn these two beautiful collar pins for yourself or some one else. Cut out the coupon now; buy one pound of Arbutus' Ariosa (whole bean) or Arbutus' Ground Coffee; cut the signature from the package, and mail it with the coupon, and 8 cents in stamps now. This offer positively ends May 15, 1915.

Other wonderful presents you can get with your first package:

- Wedding Ring, No. 225 — Mail coupon, with 7 Arbutus signatures and 2-cent stamp. This solid gold filled ring, is for men and women. Good weight, wears well. Give size.
- Baby Ring, No. 228 — Mail coupon, with 7 Arbutus signatures and 2-cent stamp. Solid gold-shelling size. Three Baby Pins, No. 229 — Send coupon, with 8 Arbutus signatures and 2-cent stamp. Solid rolled gold plate tops. Word "Darling" on each pin.

Better Than Ever



This is the signature you cut from the package and save to get valuable premiums.

A Man of His Word.

"Don't worry about James, Old man. He'll pay up. He's a man of his word."
"Yes, and his word is 'wait.'"

Final Opinion.

"I see there is an exodus of foreigners in Mexico."
"Well, instead of them fool foreigners joining in such nonsense, I think they ought to get out."

YOUR OWN DRUGGIST WILL TELL YOU

Try Marine Eye Remedy for Red, Watery Eyes and Granulated Eyelids. No Stinging—Instant relief to Corns and Bunions, hot, swollen, itching, tender feet, and makes walking easy. Sold every where. Try it TODAY. Don't accept any substitute. Adv.

Millions of particular women now use and recommend Red Cross Ball Blue. All grocers. Adv.

Superstition is what prompts a person to believe a horseshoe over the door, has more virtue than a lock and key.

Chickens come home to roost, and a promissory note always displays the same tendency.

DEFIANCE STARCH

is constantly growing in favor because it Does Not Stick to the Iron and it will not injure the finest fabric. For laundry purpose it has no equal. 16 oz. package 10c. 1-3 more starch for same money. **DEFIANCE STARCH CO., Omaha, Nebraska**

W. N. U., Oklahoma City, No. 15-1915

Death Lurks In A Weak Heart

12 Years to Suffering or Weak, use **RENOVIL**. Made by Von Viet-Schmidt Drug Co., Memphis, Tenn. Price \$1.00