

NOW RAISES 600 CHICKENS

After Being Relieved of Organic Trouble by Lydia E. Pinkham's Vegetable Compound.

Oregon, Ill.—"I took Lydia E. Pinkham's Vegetable Compound for an organic trouble which pulled me down until I could not put my foot to the floor and could scarcely do my work, and as I live on a small farm and raise six hundred chickens every year it made it very hard for me.

"I saw the Compound advertised in our paper, and tried it. It has restored my health so I can do all my work and I am so grateful that I am recommending it to my friends."—Mrs. D. M. ALTERS, R. 4, Oregon, Ill.

Only women who have suffered the tortures of such troubles and have dragged along from day to day can realize the relief which this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, brought to Mrs. Alters.

Women everywhere in Mrs. Alters' condition should profit by her recommendation, and if there are any complications write Lydia E. Pinkham's Medicine Co., Lynn, Mass., for advice. The result of their 40 years experience is at your service.

Her Face Beams



with the "Wash day smile," instead of the Wash Day Grouch, in sheer joy and delight at the dazzling, snowy white purity of her white goods.

Red Cross Ball Blue

will chase "wash-day blues"—Succeed where others fail, and bring the smile of triumph to every housewife who really cares for pure, white, fresh clothes.

6 CENTS. AT ALL GROCERS.

Don't Use Any Other Than Cuticura Soap To Clear Your Skin

The Main Point. "What do you think? The boss says he has divorced himself from politics." "How much alimony?"

THIS IS THE AGE OF YOUTH. You will look ten years younger if you darken your ugly, grizzly, gray hairs by using "La Creole" Hair Dressing.—Adv.

Tired of it. "What is all that discussion about, anyway." "I should say, about the limit!"



IN THE SPRING

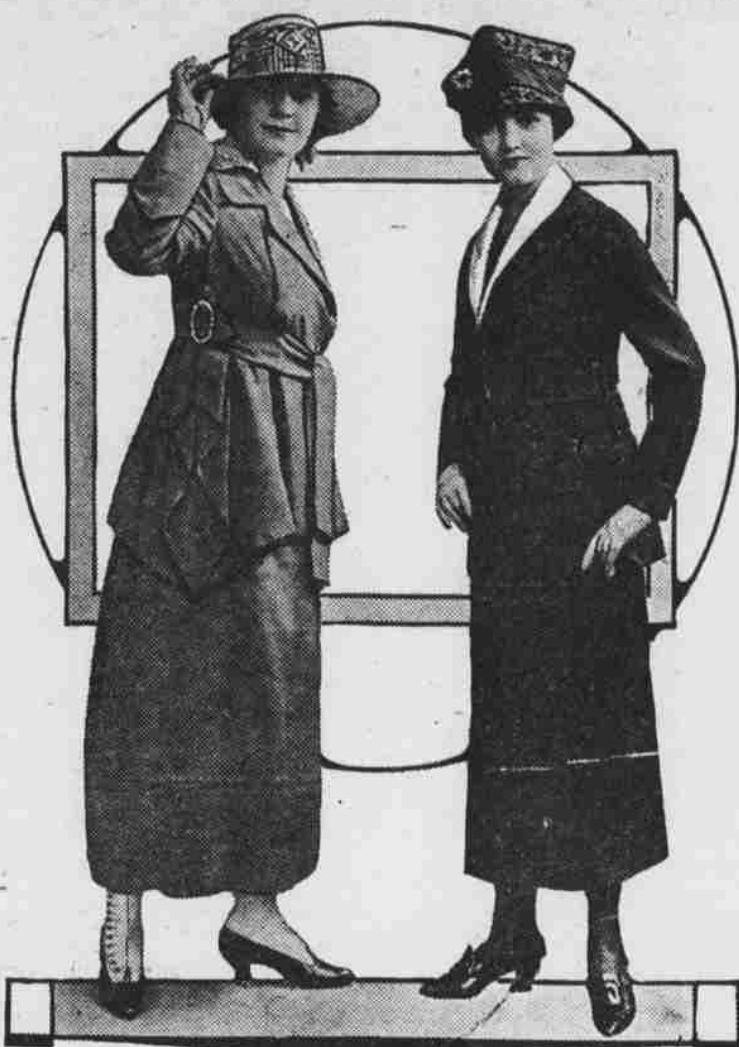
will be the great test of a life and death struggle on the Western front. In the everyday walks of life, it is the spring time that brings ill health. One of the chief reasons why the run-down man finds himself in a bad state of health in March or April, is because he has spent nearly all his hours for the past four or five months penned up within the walls of house, factory or office. It is the reason for our diminished resistance—that is, lack of out-door life, coupled with perhaps over-eating, lack of good exercise, insufficient sleep, and constipation.

In other words, we keep feeding the furnace with food but do not take out the "clinkers" and our fire does not burn brightly. Always keep the liver active. There is nothing better for health than taking an occasional mild laxative, perhaps once a week; such a one as you can get at any drug store, made up of Mayapple, Jalap, aloes, (sugar-coated, tiny, easily taken), which has stood the test of fifty years of approval—namely, Dr. Pierce's Pleasant Pellets. But for the "Spring Fever," the general run-down condition, the lack of ambition, the "blues," one should take a course of treatment every spring: such a standard tonic as Dr. Pierce's Golden Medical Discovery, now to be had in tablet form in sixty-cent vials. Watch the people go plodding along the street. There's no spring, no vitality. A vitalizing tonic such as this vegetable extract of Dr. Pierce's gives you the power to force yourself into action. The brain responds to the new blood in circulation, and thus you're ready to make a fight against stagnation which holds you in bondage. Try it now! Don't wait! Today is the day to begin. Gain a little "pep," and laugh and live. Vim and vitality are the natural out-pouring of a healthy body. It does not spring up in a night. Try this spring tonic, and you gain the courage that comes with good health.

BRONCHIAL TROUBLES So be the irritation and you relieve the distress. Do both quickly and effectively— promptly using a dependable remedy—

PISO'S

New Fabrics for New Suits.



Complain no more, my lady, at the soaring prices of good wool materials, but turn your attention to new and beautiful, sturdy weaves in silk. Manufacturers are looking facts in the face and making substitutes to take the place of the dependable wool goods which have gone heretofore, by the millions of yards, into tailored suits. There are heavy, crinkly crepes and rough, sheer weaves in silk, made for suits for street and sports wear. Silk jersey and moire contribute further aid in the emergency of wool conservation and no yardage limit compels the designer to think twice before indulging his fancies in these handsome clothes. Besides, some new weaves in wool are rough and open, making handsome fabrics in which a little yarn goes a great way. This, used in the yardage limit, may be worn with a clear conscience.

Silk jersey has the support of the best talent for suit-making. It is adapted to new fancies that are revealed among imports this season; as the fad for placing the fullness in a coat, or tunic, mostly at the front of the garment, or the liking for belts that are extended into sashes that tie at the front. Both these peculiarities of the new styles appear in the suit of silk jersey at the left of the picture above.

At the right a spring model in poret will manage to achieve an ideal street suit within the prescribed limit of goods allowed. The plaits that form the panels in the skirt—one in the front and one at the back, are very shallow. Braid outlines the slit pocket and the short half-belt, and it serves for the neat decoration of the sleeve. The coat fastens at the waistline with two buttons. Its collar of white wash satin is almost indispensable this season.

In a suit it sometimes happens that the coat outwears the skirt. In this case a new skirt in plaid, to be worn with the left-over coat, points out one path to economy. It takes little altering to convert a last year's coat into this year's style.

Natives of Hawaii make a kind of twine from the inner bark of a tree that is related to the cotton plant.

Every Day Coiffures and Others.



Perhaps it is because hats continue to be close-fitting and set well down on the head that the coiffure for everyday remains simple. There appears to be only one feature that is insisted upon as a style element of the coiffures of today and that is, that the ears are to be covered or nearly covered by the hair. The brow may be bare, with the hair combed directly back, and this is the rule for youthful faces, or it may be partially covered, but no coiffure shows more than the lobe of the ear.

Loosely weaved hair looks especially well in these simple styles in hair dressing, whether the hair is combed straight back or shows a shallow parting. Sometimes a parting is indicated at the middle of the forehead where a small strand of hair is drawn back and the remainder pulled a little forward over the brows and ears as shown in the coiffure to the left of the picture. When a wide parting is more becoming, as it is to many faces, a shallow part is placed either to the right or left of the brow, whichever is found the more becoming. A part to the right appears in the other coiffure pictured. Quite often the hair is arranged in a long puff just above the ears and this is spread so as to partially cover them and pinned to place with invisible wire pins. The hair over the ears is about all of it that

will be visible with the new millinery. No such simplicity of styles governs hair dressing for formal dress and evening wear. Except where the plain and simple coiffure is more becoming than any other, the hair is always waved and usually dressed high when its glory is not to be obscured by a hat. Puffs and short curls add their very potent and feminine charm to the ever-present waves.

Julie Bottomley

For Ankle Beauty.

If the flesh of the ankles is to be reduced, apply camphorated oil, rubbing it in, while the skin is soft and the pores open from a bath, with strong, vigorous strokes. Then bind the ankles tightly with a linen that has been soaked in oil. This bandage should be drawn as close as possible, but care must be taken to avoid stopping the circulation. When the ankles are too slender for beauty, after taking the hot foot bath massage their surface gently with cod liver or sweet almond oil and bind them tightly in a linen soaked in the same solution. If you are not satisfied with the shape of your ankles, follow this method carefully and see if the results are not well worth the effort.

The Disturbance. "Don't you love the silent watches of the night?" "I would, if it were not for the moonlight chatter of these lovelorn Luna-ticks."

A Valuable Iron Tonic for the Blood. GROVE'S FASTEST-SELLING CHILL TONIC Purifies and Enriches the Blood. It rouses the liver, drives out malaria and builds up the whole system. A General Strengthening Tonic for Adults and Children, Etc.

Term Defined. "What's your idea of a separate peace?" Inquired Broncho Bob. "Well," replied Pinto Plute, "the practical kind of separate peace is the kind that keeps a man perfectly peaceable while he is being separated from his money."

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.

Progressing. Widower—Before I married I couldn't save a dollar; now that I'm married and my wife is dead I save almost half my salary.

How's This? We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. Sold by druggists for over forty years. Price 75c. Testimonials free. Write: F. J. Cheney & Co., Toledo, Ohio.

Its Destined Change. "What is going to become of the Kaiser's divine right after this war?" "It is going to be left."

GIRLS! MAKE A BEAUTY LOTION WITH LEMONS

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, smoothener and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It should naturally help to whiten, soften, freshen and bring out the roses and beauty of any skin. It is truly marvelous to smoothen rough, red hands. Adv.

Got a Laugh Anyhow. "There is not going to be any more marrying in Indiana," said old Judge Daniels, a crusty old bachelor. "How is that?" asked his nephew, who had just got married.

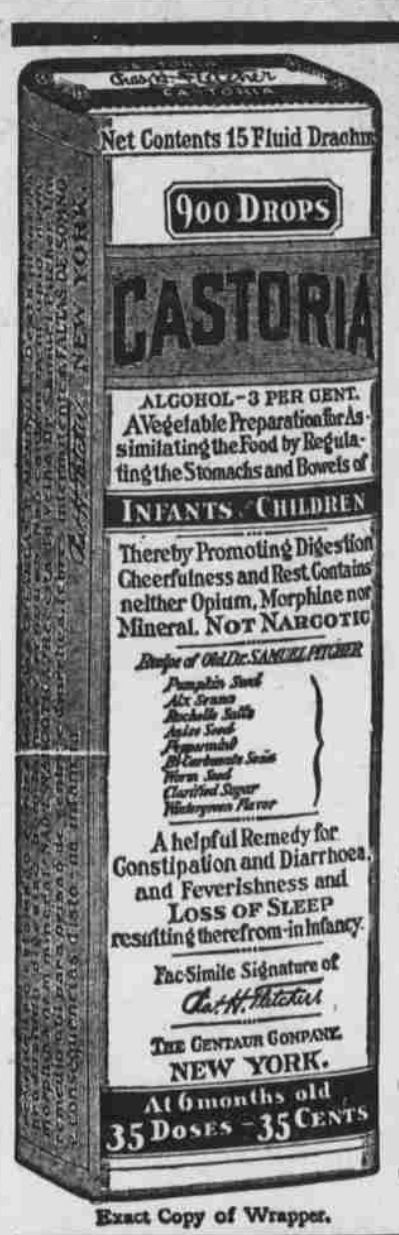
"I see the legislature has passed a law forbidding weak-minded persons to marry, and they are the only ones who ever think of doing such a thing." As old Daniels is rich, both the nephew and his young wife laughed heartily at the wit of the old man.

WOMAN'S CROWNING GLORY is her hair. If yours is streaked with ugly, grizzly, gray hairs, use "La Creole" Hair Dressing and change it in the natural way. Price \$1.00.—Adv.

Some Student. Buggs—"He uses an awful lot of automobile terms." Buggs—"Sure, but he rides in the street cars all the time."

Another View. "Does it ever strike you that the pleasures of the table induce rapid consumption?"

It is impossible to judge rightly those whom we love.



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of

Chas. H. Fletcher.

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.



HORSE SALE DISTEMPER

You know that when you sell or buy through the sales you have about one chance in fifty to escape sale stable distemper. "SPOHN'S" is your true protection, your only safeguard, for as sure as you treat all your horses with it, you will soon be rid of the disease. It acts as a sure preventative, no matter how they are "exposed." Consumers may order direct from the manufacturers. Send remittance with your order, 50 cents and \$1.00 a bottle; \$5.00 and \$10.00 the dozen, delivered. SPOHN MEDICAL CO., Mfrs., Goshen, Ind., U. S. A.



Where in Western Canada you can buy at from \$15 to \$30 per acre good farm land that will raise 20 to 45 bushels to the acre of \$2 wheat—its easy to figure the profits. Many Western Canadian farmers (scores of them from the U. S.) have paid for their land from a single crop. Such an opportunity for 100% profit on labor and investment is worth investigation.

Canada extends to you a hearty invitation to settle on her

Free Homestead Lands of 160 Acres Each

or secure some of the low priced lands in Manitoba, Saskatchewan or Alberta. Think what you can make with wheat at \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming and cattle raising.

The climate is healthful and agreeable; railway facilities excellent; good schools and churches convenient. Write for literature and particulars as to reduced railway rates to Supt. Immigration, Ottawa, Canada, or to

G. A. COOK 2012 Main St., Kansas City, Mo. Canadian Government Agent

Inquisitive Bobby. Bobby is of the inquisitive boy age. His father, a physician, took him to his office recently and Bobby asked questions about everything in sight. Finally he got into a room where the doctor keeps some curios, including a skeleton.

"What's this, papa?" asked Bobby. "The bones of a man." "Whose bones, yours?" "Hardly," the father replied. A flat worm preserved in alcohol in a glass jar next attracted Bobby's attention.

"Oh, papa, here's a noodle. Got any more? Let's take them home for soup."

Talk is cheap, women are fond of bargains—and that's all there is to it.

As She Understood It. Mary's mother was buying some changeable silk. After the purchase was made Mary said: "Mamma, do they call that changeable because you can take it back tomorrow if you want to?"

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels. Ad.

Where now are the men who used to say: "The women do not know enough to vote."

A man is never too old to learn. If he is, then he is too old to live.

The man who has no self-respect cannot respect others.

22 Million Families in the United States

4 CUPS OF WHEAT FLOUR TO THE POUND

If each family used 4 cups of flour less per week, the saving would be 22 million pounds or 112,244 barrels every week.

The greatest help housekeepers can give to win the war is to make this saving and it can be done by using this recipe in place of white flour bread.

Corn Meal Biscuits

1/2 cup scalded milk, 1 cup corn meal, 2 tablespoons shortening, 1/2 teaspoon salt, 1 cup white flour, 4 teaspoons Royal Baking Powder

Save 1/2 cup of the measured flour for board. Pour milk over corn meal, add shortening and salt. When cold, add sifted flour and baking powder. Roll out lightly on floured board. Cut with biscuit cutter and bake in greased pan fifteen to twenty minutes.

Our new Red, White and Blue booklet, "Best War Time Recipes," containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. W, 135 William Street, New York

FOOD WILL WIN THE WAR