

UNSPOILED BY HIGH HONOR

Officers and Men Alike Recognize in General Pershing Qualities That Compel Their Affection.

"Why do we swear by Pershing?" countered a staff officer in Washington one day in response to a question. "Well, I guess it's because he's the real thing—a regular American, if you know what I mean.

"You can easily figure out the sort of man he is by the stories they tell of him. I was with him when he was on his way to Washington to receive his orders for France. On the way, we passed through the town in which he lived when he was a boy. On the station platform was the same old negro porter Pershing had thrown stones at in his boyhood. The general chatted with the old man. Afterward I asked the porter what happened. He said:

"He done wanted to know all 'bout the folks he uster know, an' when he was gettin' on the car again he picked up a pebble as big as my thumb an' hove it at me, jes like he uster when he was an ornery kid."

Thrill of Time.

Thrill of time will repay you in after life with a usury of profit beyond your most sanguine dreams.—Gladstone.

Scaven the world over entertain the belief that renned ships are unlucky.

THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are usually due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate quickly produces a welcome transformation in the appearance; the increase in weight frequently being astonishing.

This increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, soon disappear, dull eyes become bright, and pale cheeks glow with the bloom of perfect health.

CAUTION:—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its remarkable flesh-growing properties, be used by anyone who does not desire to put on flesh.

A Young Girl well groomed is an attractive sight.

Red Cross Ball Blue

if used in the laundry will give that clean, dainty appearance that everyone admires. All good grocers sell it; 5 cents a package.



Now Is the Time to Buy a Farm in Good Old U.S.A.

Although the war is over, the demand for food continues. The business of producing things to eat, therefore, gives promise of paying satisfactory dividends.

The U. S. RAILROAD ADMINISTRATION offers the co-operation of its HOMESEKERS' BUREAU to those who wish to engage in farming, stock-raising, dairying, poultry raising, fruit growing, and kindred pursuits. Free information will be furnished about farm opportunities in any State on request.

Write today. Give me the name of the State you want information about; say what line of farm activity you wish to follow, and the number of acres you will need, and let me know what kind of terms you desire. The more particulars you can send regarding your requirements, the better I can serve you.

Nothing to Sell. Only Information to Give. J. L. EDWARDS, Manager, Agr. Section, U. S. Railroad Administration, Room 2008, Washington, D. C.

THE GREEN HILL

John Galsworthy, in the Atlantic Monthly.

In some of us—I think in many who could not voice it—the war has left chiefly this feeling: "If only I could find a country where men cared less for all that they seem to care for, where they cared more for beauty, for nature, for being kindly to each other. If only I could find that green hill far away!" Of the songs of Theocritus, of the life of St. Francis, there is no more among the nations than there is of dew on grass in an east wind. If we ever thought otherwise, we are disillusioned now. Yet there is peace again, and the souls of men fresh murdered are not flying into our lungs with every breath we draw.

We crave our turbulent fate. Look in men's faces, read their writings, and beneath masks and hypocrisies note the restless creeping of the tiger spirit! There has never been anything to prevent the millennium except the nature of the human being. There are not enough lovers of beauty among men. It all comes back to that. Not enough who want the green hill far away—who naturally hate disharmony, and the greed, ugliness, restlessness, cruelty, which are its parents and its children.

OUR FAULTY CLOTHING.

If we can believe Jeanette Throckmorton, and she is a woman, as her name implies vanity and not comfort, brought the custom of dressing into existence. As usual, man originated the bad habit, and for a long time was the vain, dressy member of the family. Having sucked the lemon, he went in for sober clothes, whereupon woman began to bedeck herself. The custom having been adopted, it was soon recognized that it made possible the development of sections of the earth hitherto uninhabitable and it made work possible in all seasons of the year. The utilitarian features shortly overshadowed other considerations.

Huntington even goes so far as to say that the climate best for civilization is one that man without clothes could not have withstood on account of the cold. His opinion is that an atmospheric temperature of 50 degrees is best for mental work, and one of 64 for physical work. Rather warm clothing is required when a person does mental work in a temperature of 50.

Although Miss Throckmorton approves of clothes she would like to have some changes brought about. For one thing she says the ordinary corset pushes the abdominal organs downward, producing displacement, especially of the stomach and intestines. Sometimes even so firmly held an organ as the kidneys is displaced downward. If a woman is accustomed to a corset and has poorly developed abdominal muscles in consequence she should continue the practice, but she should wear one with a straight front. A straight front corset lifts the abdominal organs up.

The clothing should be so built as to promote straight standing. Slouching attitude pinches the chest, prevents the lungs from expanding, and drops the stomach. A string of organs hangs from the base of the head. This string attached to the base of the skull runs down through the neck into the chest and helps to suspend the heart. Tied on the string below the heart is the liver, and tied below that is the stomach. When the head is slouched forward the stomach drops from one to five inches. When the head is held upright the stomach is lifted that distance.

Her principal complaint is against the modern shoe. This pinches the front of the toes and thus forms angles at the ball of the foot. Over these angles bunions form. The explanation of corns is practically the same. The modern shoe tends to make the toes turn out and the instep turn in. This is the explanation of fallen arches, weak feet, and painful feet. Error in the height and breadth of the heel is responsible for cramps in the legs.

Object Of Pity.

From the Dallas News. Psychologists tell us that if you wrong a man and leave the wrong unrepented, you will end by hating him, a teaching whereby science confirms the assurance of the moral law that the victim of injustice is the man who does it, rather than the man at whom it is aimed. Senator Chamberlain's pursuit of Secretary Baker is a case in point. When Senator Chamberlain startled the country with the declaration that the war department had "broken down," he did not, as Secretary Baker grossly unjustly, as the even has so signally demonstrated. Unhappily for Senator Chamberlain, he did not, when the falsity of that statement was demonstrated, retract or modify it. And now he consciousness of his wrong has betrayed him into hating the man whom he wronged.

High Finance.

From the Philadelphia Public Ledger. One way of making money is to slobber your church pew for more than the rent you pay to the church treasurer. The minister of a prominent city church learned recently that a member of his congregation had been paying more to the owner of the pew for a "sitting" than the owner paid the church for that fraction of the pew. But it was no novelty to the clergyman, who in his professional experience had encountered several instances of the same sort.

Helping the Government.

From the Philadelphia Public Ledger. Attorney General Palmer is quite right in pointing out that, with the war over, the department of justice cannot maintain any official relationship with private individuals or organizations that are looking into violations of federal law or into the activities of other citizens, or aliens, who may be engaged in what they consider may be suspicious activities. But while this is so, naturally the attorney general also notes that the department has always welcomed information of any character from anyone on matters that relate to things germane to the department's work.

LIFT OFF CORNS!

Drop Freezezone on a touchy corn, then lift that corn off with fingers



Doesn't hurt a bit! Drop a little Freezezone on an aching corn, instantly that corn stops hurting, then you lift it right out. Yes, magic! No lumbag!

A tiny bottle of Freezezone costs but a few cents at any drug store, but is sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Freezone is the sensational discovery of a Cincinnati genius. It is wonderful.

Easily Said.

"They say money talks. How does it talk?" "I suppose, for one thing, it talks cents."

BACK LIKE A BOARD? IT'S YOUR KIDNEYS

There's no use suffering from the awful agony of lame back. Don't wait till it "passes off." It only comes back. Find the cause and stop it. Diseased conditions of kidneys are usually indicated by stiff lame backs and other wrenching pains, which are nature's signals for help!

Here's the remedy. When you feel the first twinges of pain or experience any of these symptoms, get busy at once. Go to your druggist and get a box of the pure, original GOLD MEDAL Haerlem Oil Capsules, imported fresh every month from the laboratories in Haerlem, Holland. Pleasant and easy to take, they instantly attack the poisonous germs clogging your system and bring quick relief.

For over two hundred years they have been helping the sick. Why not try them? Sold everywhere by reliable druggists in sealed packages. Three sizes. Money back if they do not help you. Ask for "GOLD MEDAL" and be sure the name "GOLD MEDAL" is on the box.—Adv.

Naturally.

"What's the matter with the labor all you're criticizing?" "It won't work."

A Lady of Distinction.

is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores, followed by a dusting with Cuticura Talcum Powder usually means a clear, sweet, healthy skin.—Adv.

The only period in a woman's life when she gives any thought to dress is between the cradle and the grave.

WRIGLEYS

5 long-lasting bars in each package.

The biggest value in refreshment you can possibly buy.

A BENEFIT to teeth, breath, appetite and digestion.

The price is 5 cents.



The Flavor Lasts



A Christian is God Almighty's gentleman.—I. C. Hare.

Clay and lime conceal much evil.—Spanish Proverb.

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. Children Cry for Fletcher's Castoria

Cheap bargains are dear.—Spanish Proverb.

Dr. Pierce's Pleasant Pellets put an end to sick and bilious headaches, constipation, dizziness and indigestion. "Clean house." Adv.

We do hate a claimant worse than a murderer.

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart, and many other symptoms. A few doses of August Flower will relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

Truth never hurts the teller.—Browning.

ATTENTION! Sick Women

To do your duty during these trying times your health should be your first consideration. These two women tell how they found health.

Hellam, Pa.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles and a displacement. I felt all run down and was very weak. I had been treated by a physician without results, so decided to give Lydia E. Pinkham's Vegetable Compound a trial, and felt better right away. I am keeping house since last April and doing all my housework, where before I was unable to do any work. Lydia E. Pinkham's Vegetable Compound is certainly the best medicine a woman can take when in this condition. I give you permission to publish this letter."—Mrs. E. R. CRUMLING, R. No. 1, Hellam, Pa.

Lowell, Mich.—"I suffered from cramps and dragging down pains, was irregular and had female weakness and displacement. I began to take Lydia E. Pinkham's Vegetable Compound which gave me relief at once and restored my health. I should like to recommend Lydia E. Pinkham's remedies to all suffering women who are troubled in a similar way."—Mrs. ELISE HEIM, R. No. 6, Box 83, Lowell, Mich.

Why Not Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

