WOMAN COULD HARDLY STAND

E. Pinkham's Vegetable Compound.

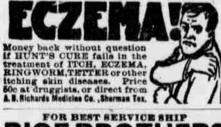
Fulton, N. Y. — "Why will women pay out their money for treatment and receive no benefit, when so many have proved that Lydia E. Pinkham's Vege-

table Compound will make them well? For over a year I suffered so from female weak-ness I could hardly stand and war afraid to go on the street alone. Doctors said medicines

were useless and only an operation would help me, but Lydia E. Pinkham's Vegetable Compound has proved it otherwise. I am now perfectly well and can do any kind of work."—Mrs. Nellie Phelps, care of R. A. Rider, R.F.D. No. 5, Fulton, N. Y.

We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Lydia E. Pinkham's Vegetable Compound. If you have bad symptoms and do not

If you have bad symptoms and do not understand the cause, write to the Lydia E. Pinkham Medicine Co. Lynn, Mass., for helpful advice given free.



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PATENTS Watson E. Coleman, Washington, D.C. Books free, Highest references. Best results.

MONEY LENDER PITIED POOR

Chinese Shylock in Manchuria Gave

Annual Sum for Relief Work to Relieve His Conscience.

A wealthy Chinese money lender in Manchuria was recently convicted of making false declaration regarding robberies of his caravans by Mongolian bandits. His conscience troubled him to such an extent that he offered to contribute an annual sum of \$750 for the relief of the poor, East and West says. This money was made the basis of a fund for feeding the helpless at

Manchuria is terribly poor, despite the mineral and agricultural riches ex- has been decided, and work on that racted from its soil and There are probably thousands of industrious natives unable, by unremitting toll, to earn more than a meager living. When to their natural difficulties are added the ravages of bandits and the evils of misgovernment, such as now prevails in many parts of China. abject poverty and starvation must be the lot of the people who, in the best of times, are only half fed.

Worried.

"I don't know what I'll do if my boy has to go to war."

"I wouldn't worry so much if I were you. Perhaps he won't be drafted."

"I know, but I just can't bear the thought of him ever having to go." "That is a fear that all mothers have

to face. Has you son registered?" "Dear me, no, not yet. But I'm just worried to death for fear that some day he will be called away from me."

"How old is your boy?" "Just six months old yesterday, and the loveliest boy that ever was born."

Lost in the Shuffle.

"I was fust wondering." "About what?"

"Wondering what had become of the patriotic notion I had last April that I'd spend my vacation this summer helping some farmer to hoe."

POSTUM

as coffee's successor on the family table makes for better health and more comfort. Preferred by Thousands

"There's a Reason"

FORTY-SIX STATES RALLY TO DEFENCE OF NATION

Restored to Health by Lydia All but Two Legislate for Organization of Wealth and Man Power.

DONE ON NONPARTISAN BASIS

Governors Center Efforts on Harvesting of Crops After Striving for Bountiful Yields-Women Give Ald Soon All Will Be Helping.

Washington.—Reports from states to the council of national defense regarding the organization of their resources in accordance with the suggestion by the secretary of war show there has been ready response and that there is a nation-wide spirit for hearty cooperation between the state authorities and the federal government.

The work that is being carried forward is on a basis that is distinctly nonpartisan. Every American, regardless of political ideals and sectional feeling, is working toward one endto give the government complete backing that he knows is essential.

46 States Ald by Legislation. Every phase of effort to co-ordinate the resources of the nation is being furthered. Forty-six states have passed legislation appointing bodies for supervising the work. The other two have placed it in the hands of the governors, who are exerting their efforts toward giving individual support to the federal government. Committees have been formed in all states to devote particular attention to special duties.

Four states - Colorado, Massachusetts. New Jersey and Wisconsin-have made plans for the harvesting this fall of all crops. The council of defense in Colorado has submitted to business houses in the smaller towns a request that they remain closed during harvest time till 5 p. m., thus allowing their employees opportunity to work during the day in the harvest fields. The other three states are perfecting plans for the utilization of factory laborers on farms. In Massachusetts there has been devised a plan that is considered exceedingly valuable. It is for a survev by the employers of large numbers of men to find those who have had experience in farming. Such men will be encouraged to return to farm work. The employers in many instances are offering to make up the difference in

Census Taken in Most States.

The organization of the nation for war purposes necessitates the listing of the man power before anything else is being conducted with a com which products are shipped abroad. pleteness that is gratifying to federal officials. Governors in most of the states have not been content with the mere military enrollment of men between the ages of twenty-one and thirty that is required by federal statute. In addition, they have taken a census within their states and are recording the resources of every individual, whether male or female, who may "do his or her bit" for the welfare of the nation in war time.

New York proved her claim to the title of the Empire state by statistics gathered in her state military census. Other states that are completing their records of man power are Connecticut, Maryland, Vermont and West Virginia. The information being gathered will be of great value, it is held, particularly if events shape themselves startling rapidity - something which must be looked for, it is contended, in war times. Other states, Massachusetts and Rhode Island included, have laid particular stress upon the enrolling of men of engineering ability, classifying them in such manner that on short notice they can be summoned to duty.

Women Give Their Aid.

The work being accomplished by women is particularly noticeable in Illinois and Wisconsin. The advisory committees of women's organizations of the state council of defense in both states have prepared lists of the principal women's state patriotic societies and assigned to each a definite field of activity. They have also used the statutory power of the state council to direct all local organizations to cooperate with these societies. Florida is also doing excellent work along these lines. Committees of men and women on farming and fruit raising in that state are being formed and intensive cultivation of the farms is being encouraged.

Many of the states in taking up the work of organization for war purposes and preparing for relief work have found it necessary to consider the regulating of all who solicit contributions, At present there is agitation in many states for the passing of acts of legislature which will give the council of defense the power of supervision of those who appeal for funds.

Systems of local defense and preparedness for relief work, which mean the release for the fighting line of troops that otherwise would be needed for garrison duty, have been perfected in New York and in California. Greater vation in the next few weeks will be New York has 26,000 drilled Home De-necessary to handle the situation. The fense leaguers to back up its 12,000 police. County councils have been appointed in both states. At the request acreage and consequent large surplus. of the governors, county judges and Community outfits for canning and other leading figures make up such drying are needed to handle the situa- and drying facilities. Demonstrators councils in rural districts, while may tion properly. Pennsylvania hopes to ors of cities act in the urban centers. be able to handle the situation if em- from that state says. Many others In Greater New York the mayor has ergency funds are soon available. West of the Western states declare they selected a home defense committee Virginia asks for help to take care of lack sufficient funds and help, and ask

MME. DE LA GRANGE



Mme, de la Grange, wife of Lieut. Col. de la Grange, head of the French aero mission to the United States, is one of the few women who have accompanied members of the foreign missions to this country. She has been exceedingly popular in Washington, where she has attended many entertainments given in honor of the allied commissions.

tional defense, which is composed of several subcommittees. The number time to time, but all work that is done is under the general supervision of the adjutant general. Committees on recruiting have worked long hours in getting the regular army quota and men without dependents into National Guard regiments. The committee on allens, too, has accomplished excellent results in keeping in employment subjects of the enemy countries.

In New York state there have been

formed also in every county committees consisting of representatives of houses for the redistribution of funds and assistance necessary.

Regarding recruiting, it has been disrily join the colors than newspapers enter military service.

generally concede. Military men who have studied the problem state that as many as can be expected are coming forward. Too much emphasis cannot be laid upon this activity at the present time, it is said, however. Reports from some states are meager and in some instances discouraging. Some of the governors have been very active in bringing home to young men the reasons why they should respond to the call of the country and showing them, by proclamations, by speeches and plctures, the necessity for responding to a call to arms.

The full quota for the expanded regular army has not been reached, and many more recruits can be taken. Therefore it is urged that all local councils of defense concentrate efforts upon this work. The first-line men of the regular army, the navy and National Guard should be volunteers, it is said. Therefore the comparatively few thousands still needed, as compared with the immense population of the nation and the great armies of drafted men who will be called into training soon, should be easily obtained. That is, if young men have it properly explained to them why they should enlist.

Merchant Seamen Sought.

Naval classes are being organized in several states and encouragement given young men to attend nautical schools, so as to be the better prepared to take their places on the fast growing merchant fleet of the United States. Illinois and Massachusetts report excellent progress in such branches of the national service. So popular is the study in Chicago that a night school has been opened. Classes are organized into crews and given training in navigation, gunnery, signaling, radio marine engines and first aid. The Chicago Yacht club will provide means for practical work on Lake Michigan this summer for hundreds of such crews,

Massachusetts and Rhode Island have gone further than some of the others and prepared for possible, of the latter will be increased from though very improbable, eventualities. Those states-and it is reported others are now falling in line-have listed and enrolled automobiles and auto trucks that can be called upon for immediate service in rushing men from one part of the state to another if railroads should for any reason be put out of commission and it be found imperative to transport troops and supplies in record time.

Rhode Island has undertaken also to keep its state and municipal employees on the pay roll while in the milipatriotic societies that act as clearing tary service. New Hampshire and Michigan have passed statutes to provide for the dependents of soldiers and sailors, and in New Hampshire a plan covered that greater progress has has been adopted for conserving the been made in getting men to volunta- practice of physicians and dentists who

Washington.-In order to avoid | part of the state and a small surplus waste of surplus fruits and vegetables and conserve the food supply, Secretary of Agriculture Houston asks "mothers" and "daughters" of every state to organize and expend all available energy in canning, preserving, pickling, drying and storing these products for local consumption.

Secretary Houston is of the firm belief that this problem may best be solved locally. No federal or state government, he believes, can do anything unless women in every city and town do what they can to help.

The woman who has no garden is asked to purchase full supplies for her own immediate and future use. Telegraphic reports from 24 states which are in distress were made public by Secretary Houston, showing that large surpluses of food will go to

waste unless women act immediately. The states particularly affected are Arizona, Colorado, Connecticut, Idaho, Indiana, Iowa, Kentucky, Maryland, Michigan, Nebraska, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, South Dakota, Tennessee, Utah, Vermont, Virginia, Washington, West Virginia

and Wisconsin. Direct Appeal to Women.

This is the direct appeal to each individual woman, "mothers and daughters," by President Wilson himself, and here are the localities affected:

New England-Unusually large surpluses of vegetables are reported. Exceptional yields of fruits and vegetables are promised in Rhode Island, and the state demonstration leader there reports hundreds of requests for demonstrations in canning and drying which it cannot meet with its present corps of workers. Vermont, Massachusetts and Connecticut all declare that help is needed to carry out their programs of instruction.

New York has a large surplus of vegetables, and, according to the state leader, extraordinary efforts to promote home and community food presersituation in New Jersey is reported as serious by reason of an unusually high called the mayor's committee on na- the surplus of fruits in the eastern for federal aid.

of vegetables on the farms.

Canning and drying in the homes

show a large increase in Ohio, where a vigorous campaign has been carried on. Illinois reports extraordinary activities in canning and preserving, but there the fruit is well taken care of. Indiana has a large surplus in both vegetables and fruit, and more demonstration help is needed. The garden surpluses in Michigan are large and much greater effort must be made to take care of them, a report says. Wisconsin and Minnesota declare that help is needed in demonstration work. One or more food conservation meetings in every township in Iowa will be held to urge housewives to care for a large surplus of vegetables and fruit.

Big Increase Reported.

A 100 per cent increase in garden crops is reported from Nebraska and a large surplus is expected. Large crops of vegetables also are reported from South Dakota, while in Kansas the amount of fruits and vegetables has been reduced somewhat by dry

In most of the Southern states the height of the vegetable senson has passed, but North Carolina, Tennessee and Kentucky vegetables and fruits are plentiful and unusual efforts are being made by workers in each state to save the surpluses.

Large crops of fruits and vegetables are coming on in the Western states, but with the exception of California, inadequate facilities and equipment are hindering canning and drying operations. In Utah a big food-conservation campaign is on, backed by many organizations. To meet the shortage of equipment, 270 steam canners are being distributed, as is also much drying apparatus. Twelve field workers are demonstrating, but 15 more are needed.

If canning and drying facilities were available. Washington could save 10,000 additional cars of fruit. The prospective large surplus of fruits and vegetables in Oregon is being reduced by dry weather, making it increasingly important to save all that is produced, Much of the surplus of perishables in Arizona is in danger of being wasted on account of the inadequate canning and equipment are needed, the report

Tommy Explains,

A couple of Charlestown kiddles were celebrating Bunker Hill Day by exploding a few torpedoes according to the Boston Transcript. Said Nellie: I don't see how the Germans can blow

up a big ship with one of these things," "Oh, you girls can't expect to understand about such things," said Tommy, with a superior air. "Of course, the torpedoes they use are about a hundred times as big and they use a derrick to lift them up and drop them on the

Appropriate Trial.

"What has become of the play you wrote about the races?"

"They've put it on for a run."

A Family Secret.

"My dad could whip your dad with one hand fled behind him."

"Shucks! My dad could whip your dad with both hands tied behind him." "He couldn't !"

"He could!"

"How could he? He couldn't do nothing 'cept butt my dad."

"That's just it. My mother says my dad has the hardest head of any man she ever knew."

Only Temporarily.

"The Comeups boast that they have a peerless daughter."

"Well, she won't be peerless long. for she's begging ber father now to

buy ber an earl or a duke."

Honest Advertising

HIS is a topic we all hear now-a-days because so many people are inclined to exaggerate. Yet has any physician told you that we claimed unreasonable remedial properties for Fletcher's Castoria? Just ask them. We won't answer it ourselves, we know what the answer will be.

That it has all the virtues to-day that was claimed for it in its early days is to be found in its increased use, the recommendation by prominent physicians, and our assurance that its standard will be maintained.

Imitations are to be found in some stores and only because of the Castoria that Mr. Fletcher created. But it is not the genuine Castoria that Mr. Fletcher Honestly advertised, Honestly placed before the public, and from which he Honestly expects to receive his reward.

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Raise High Priced Wheat on Fertile Canadian Soil



Canada extends to you a hearty invita-tion to settle on her FREE Homestead lands of 160 acres each or secure some Iands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta. This year wheat is higher but Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help feed the world by tilling some of her fertile soil—land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think of the money you can make with wheat around \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming in Western Canada is as profitable an industry as grain growing.

The Government this year is asking farmers to put increased acreage into grain. There is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is healthful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

M. J. Johnstone, Drawer 197, Watertown, S. D.; R. A. Garrett, 311 Jackson St., St. Paul, Minn. Canadian Government Agents

apolis News.

Her "Meatless Day."

Horace G. Murphy and his deputies

and constables made a Sunday morn-

ing raid on a Muncle "blind tiger" and

arrested 59 persons found there, many

of the men going to jail on various

charges, the wife of one of those whose

fate it was to be locked up, was con-

fiding in Billy Blamey, the elevator

man at the Wysor building, in which

Murphy has his office, says the Indian-

hlm, "about my Sunday dinner yester-

day and thought Mr. Murphy might

straighten things out. You see, my hus-

band started away from home about

ten o'clock in the morning to get some

meat for dinner and said he intended

to stop in at the club (all "tigers" are

clubs in Muncie) and get a bottle of

beer on the way, like he always does

Sundays. Well, he hasn't brought that

meat home yet, and meat nowadays

A GUARANTEED REMEDY FOR

costs too much to waste."

"I'm considerably worried," she told

The day after Prosecuting Attorney

METROPOLIS OF THE WILDS

Spokane, City of a Hundred and Fifty

Thousand People, Has Good Trout Fishing Within Limits. A city of a hundred and fifty sand people that has good trout fishing

within its city limits and Indians living in their tepees a mile and a half away is something that you cannot grasp unless you know the West. And even if you do, Spokane would strike you as something of a surprise. It looks as though it had been built yesterday in what was a virgin wilderness the day before-and yet made complete with street cars and electric lights and everything that you could find in a New England town, except, perhaps,

the cultured atmosphere. The Spokaneites do not miss the cultured atmosphere. If you asked about it they would probably tell you that they prefer the smell of the pines. For they are an outdoors-living crew. A citizen of Spokane may attend a board of directors' meeting in the heart of the city at 10 a. m. and at 4 p. m. he may be hunting bear. The mountains crowd right down upon the city and there are fifty lakes within a radius of a hundred miles.

Spokane, like Rome, was not built in a day, but it was set up at a rate that makes all of those old saws about how long it takes to do things look hollow and meaningless. It was only in 1858 that the Indians got their first decisive defeat in this region and the first locomotive arrived in 1881. By 1890 they had something of a town started, but it was wiped out by fire that year.

The real growth began when the river was turned into electric power-170,000 horse. From this giant dynamo electricity reaches out through the canyons to hundreds of mines, driving the power trams into the bowels of the mountains, bringing wealth to the city, which sits like a spider at the center of its mighty web or current.

Deafening Applause. "H'm," meditated the manager. "So you claim to have every qualification

of a first-class actor?" "Well," returned Jefferson Hamlet, "perhaps I ought to mention the fact that I am slightly deaf-the result of so much applause, you know."

English as She Is Spoke. "Funny thing about food." "Yes; a shortage and a longing always exist at the same time."

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and astramador cigarettes positively gives INSTANT RELIEF in every case and has permanently cured thousands who had been considered incurable, after having tried every other means of relief in vain, asthmatics should avail themselves of this guarantee offer through their own druggist. Buy a 80-cent package and present this announcement to your druggist. You will be the sole judge as to whether you are benefitted and the druggist will give you back your money if you are not. We do not know of any fairer proposition which we could make.

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