


## DOCTOR URGED AN OPERATION

Instead I took Lydia E. Pinkham's Vegetable Compound and Was Cured.

Baltimore, Md.—"Nearly four years I suffered from organic troubles, nervousness and headaches and every month would have to stay in bed most of the time. Treatments would relieve me for a time but my doctor was always urging me to have an operation. My sister asked me to try Lydia E. Pinkham's Vegetable Compound before consenting to an operation. I took five bottles of it and it has completely cured me and my work is a pleasure. I tell all my friends who have any trouble of this kind what Lydia E. Pinkham's Vegetable Compound has done for me."—NELLIE B. BRITTINGHAM, 609 Calverton Rd., Baltimore, Md.

It is only natural for any woman to dread the thought of an operation. So many women have been restored to health by this famous remedy, Lydia E. Pinkham's Vegetable Compound, after an operation has been advised that it will pay any woman who suffers from such ailments to consider trying it before submitting to such a trying ordeal.



**Carter's Little Liver Pills.**

**For Constipation**  
Carter's Little Liver Pills will set you right over night. Purely Vegetable. Small Pill, Small Dose, Small Price.

**Carter's Iron Pills**  
Will restore color to the faces of those who lack iron in the blood, as most pale-faced people do.

**The Country Woman's Kick.**  
The wife of a congressman from a small place in Ohio complained to the cook who bosses things in her Washington establishment.

"The turkey has no flavor," said the lady, "I can't find any meat in the mince, and back home they'd hardly give to the pigs such a mess of stuff as that plum pudding you handed us last night."

Whereupon the cook smiled indignantly and replied: "Well mma, you'll get over them rural notions after a while."—Country Gentleman.

**Cultivate Self-Reliance.**  
The basis of good manners is self-reliance. Necessity is the law of all who are not self-possessed. Those who are not self-possessed obtrude, and pain us.—Emerson.

## Killed by Poisons

All scientists agree that poisonous products in the blood are eliminated by the kidneys and liver. The kidneys act as a kind of filter for these products. When the kidneys are changed or degenerated, by disease or old age, then these poisons are retained in the body. If we wish to prevent old age coming on too soon, or if we want to increase our chances for a long life, Dr. Pierce of the Invalids' Hotel, Buffalo, N. Y., says that you should drink plenty of water daily between meals to flush the kidneys. Then procure at your nearest drug store Anuric. This Anuric drives the uric acid out. Scientific men have learned that in gout, also rheumatism, poisonous uric acid crystals are deposited in or about the joints, in the muscles—where inflammation is set up.

If we wish to keep our kidneys in the best condition a diet of milk and vegetables, with only little meat once a day, is the most suitable. Drink plenty of pure water, take Anuric three times a day for a month. An-uric is many times more potent than lithia and is sold by druggists for 60 cents.

Send 10 cents to Dr. Pierce, if you wish to obtain a trial package of Anuric.

**SCHALLER, IOWA.**—"For several years I have been bothered from time to time with weakness of the back and hips and urinary disorder, especially on taking cold. I tried a trial package of Anuric Tablets with such gratifying results that I bought more of them and gave them a fair trial, and found them, in my case, to be just what they are claimed to be. They are the best I ever used, and I am very much pleased with them."—JOS. H. DANDY.

Dr. Pierce's Pleasant Pellets for the liver and bowels have been favorably known for nearly 50 years. Ask your druggist.

**FOR COUGHS AND COLDS**  
—take a prompt and effective remedy—one that acts quickly and contains no opiates. You can get such a remedy by asking for

**PISO'S**

## WOMEN LOADING SHELLS FOR THE ALLIES



Portuguese women at Lisbon loading a vessel with shells for shipment to France. These shells, which weigh about 90 pounds each, are made in the munition factories of Portugal.

## BELGIANS EASILY OUTWIT GERMANS

Hugh Gibson Says Governor General Gets Suppressed Newspaper Regularly.

### SPIRIT REMAINS UNBROKEN

Stupid Proclamations of German Commanders Cause Much Amusement Among Belgians—Says Stories of Atrocities Are All True.

New York.—Up to the entrance of the United States in the war against Germany, approximately 85,000 Belgian civilians had been shot, taken into Germany as prisoners, or fined for offending the German authorities in Belgium in various ways, according to Hugh Gibson, former secretary of the American legation at Brussels and at present chief of the division of foreign intelligence of the state department, described with many poignant details the sufferings of the Belgians and the irrepressible and buoyant spirit of the people, which, he said, has not been quenched by the Teuton invaders.

The stupid proclamations of the German commandants posted daily and oftener on the buildings and boardings of the streets of Belgian cities caused the population considerable amusement at first, Mr. Gibson said, until it was announced from German headquarters that any one seen laughing around an official bulletin would be severely punished. Thereafter persons reading the bulletins would muffle themselves up in neckcloths that concealed half their faces and laugh to themselves.

All the Belgian newspapers were suppressed, and the population received its news from publications issued by the Germans, which told of their military victories, Mr. Gibson declared.

**Papers Published Secretly.**  
"In spite of this fact, the Belgians, under the very nose of the governor general, published clandestine newspapers," he continued. "The governor general would get his copy regularly. Sometimes he found it under his plate, sometimes it came into his home with the vegetables, sometimes it was mailed to him in an official envelope of the German military headquarters itself, but in spite of the fact that he offered 100,000 marks for information leading to the arrest of those concerned in publishing the paper, it availed him nothing, and when I left

## FRENCH TAKE WHEAT

Seven Ounces of Bread Daily Limit Except to Hard Workers.

Sacrifice Accepted by French People Uncomplainingly on Government's Explanation of Necessity.

Washington.—Only the very poor, and men and women doing the hardest kind of manual labor, may have more than seven ounces of wheat bread a day in France from now on, the United States food administration has been advised by the French government. The entire French wheat crop has been requisitioned by the government.

This sacrifice has been accepted by the French people uncomplainingly on the government's explanation that only by such restriction can American reinforcements be transported in ships that otherwise would carry grain for their bread, and that, in addition, this grain for French bread can come from America only by virtue of the actual saving of this grain by reduced con-

sumption of bread by the American people.

"These extremely severe measures," said the French statement, "especially the seven ounces a day, have deeply impressed public opinion."  
Men who are very poor or who do hard manual labor get about 21 ounces of bread a day; women who are very poor or who are employed on hard work get about 17 ounces a day; everyone else gets seven ounces, which is less than half of a pound loaf, or not more than four or five slices.

This bread is made of flour comprising all the elements of wheat except bran, with a heavy admixture of flour from other cereal grains, which is obligatory.

The price of bread is fixed by various government agencies all along the line between producer and consumer. Baking of pastry or biscuits from flour that is fit for bread is prohibited. Confectioneries and other such shops are closed two days a week. Eating pastries in public is forbidden.

Good advice is the kind you remember too late that you forgot to take.

## SHOULD EAT MORE POTATOES

Increased Use Will Bring About Saving of Grain.

Agricultural Department Suggests Tubers Be Given More Prominent Place in Luncheons.  
Washington.—The eating of more potatoes for supper, or for luncheon, if the family is accustomed to have dinner at night, is a suggestion of the United States department of agriculture, in order that the tremendous crop of tubers produced in the United States this year may be utilized as fully as possible and spoilage avoided. Such increased use should, at the same time, bring about a saving of grain, since one common result of eating more potatoes is the eating of less wheat bread, which is a reasonable suggestion when one remembers that both of them are used as a source of starch in the diet. This reduction in grain consumption is desirable, the department points out, and there is great

## DIDN'T WANT TO BOO PAPA

Why Sacha Guitry, the French Playwright, Abandoned His Big Success.

Paris.—Sacha Guitry, whose amusing play "L'Ilusionniste," has been one of the big successes of the season, suddenly decided to bring his run to a close. His excuse was that he wanted to go to the Riviera for the winter. His manager, when told of the unexpected decision, remonstrated with him.

"What's the idea?" he said. "Your play is running to packed houses. Why are you closing it up?"  
"I want to go away for family reasons," replied the author-actor.  
"Would it be indiscreet for me to ask what these reasons are?" insisted the manager.  
"My father is going to put on a new play in one of the Boulevard theaters."  
"Well—and what of it?"  
"You ask me what of it? Why, simply that I am a dutiful son and I don't want to boo papa."

stantly. The man would stand in front of Gibson's house in all sorts of weather and would scan the visitors. Frequently Mr. Gibson would inform the spy that he might leave, as he was not expecting any more visitors. Members of the secretary's staff would use the spy as a messenger, and would bestow liberal tips on him in return for fetching cigarettes and other articles.

## PLAN SPRING GARDEN NOW

Agricultural Department Says There Will Be Need for Large Production in 1918.

Washington.—Take thought of the spring garden now.

Notwithstanding the large production of vegetables last year and the great volume put into cans and jars for winter use, there is nothing to indicate that there will not be equal need for production and conservation in 1918, says the United States department of agriculture.

Many gardens failed last year because of poor soil or poor preparation or both.

This is the time in many sections to break and to fertilize. Then in the spring it will be easier to make the seedbed and the soil will contain plant food.

For the average householder it will be sufficient to prepare ground enough to produce the home supply for eating in the fresh state and for canning, drying or brining for use during the following winter. Producing vegetables for market should not be undertaken without full knowledge of horticulture and sufficient capital and equipment.

## MAKING BARBER COATS NO EXEMPTION EXCUSE

New York.—Michael Feldstein, while filling out a government questionnaire, sought exemption from military duty on the ground he manufactured military uniforms. When the exemption board learned that Michael made "coats of military cut for barbers," recommendations were made that "Michael would look fine in a coat of military cut, but which is not worn by the barber shop brigade."

## MORE AMERICAN MADE TOYS

War Conditions Develop Industry to Point Where Foreign Competition is Broken Forever.

Washington.—America is now first in the toy making industry. Heretofore the United States has purchased the majority of its toys from Germany, Nuremberg being one of the chief manufacturing centers in former years.

Forced by war conditions to depend upon their own resources, the manufacturers of this country have been making toys and have been so successful that buyers for large stores claim the hold of other countries on this line of business has been broken forever. A few toys are still coming from France, England, Switzerland, and Japan, but the American toys have proved superior, as they are more educational.

## His Wish About the War.

He is an old-fashioned man who is getting well along in years and he finds it rather difficult to keep pace with the rapidly changing phases of the war situation. He is loyal, however, and does his best to keep up, though at times he finds himself a stride or two behind.

The other day the news was broken to him that because of his income from a farm and certain other real estate, he probably would have to pay a small income tax, under the law relating to that subject. It was the wife who first discovered this interesting bit of news and after she had read it to him out of the paper the old man remarked: "Maw, sometimes I almost wish this war had never happened."—Indianapolis News.

## "Cold in the Head"

Is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. All Druggists 75c. Testimonials free. \$10.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure. F. J. Cheney & Co., Toledo, Ohio.

## At Home.

Jones (as he trends on a tack)—I wish you wouldn't be so careless in throwing tacks about, Mary.  
Mrs. Jones (placidly)—Henry, you are getting madder and madder every day. I can buy a whole package of tacks for a penny.—Buffalo Commercial.

## 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

## What He Wondered.

"By George, old chap, when I read your latest poem, I sit and wonder."  
"How I do it?"  
"No, why you do it."

## Best Way.

"How objects do pass from eye to eye."  
"Yes; I suppose they do it on the bridge of the nose."

## Nervous Headaches Four Bottles of Peruna Made Me Well

Mrs. Effie Hill, Blanchester, Ohio, writes as follows:

"I cannot tell how much I suffered in the past twelve years. I have been treated by physicians and no relief only for a short time. I was in such a condition from nervous headaches, such heavy feeling as if my brain was pressing down, and so nervous I could not get my rest at night. Would have sinking spells and then so weak that I could not do my work. I began to take Peruna. Have taken four bottles of Peruna and have gained in strength and flesh, and can say I am a well

**I Cannot Thank You Enough For My Recovery**

woman. I cannot thank you enough for my recovery."

Those who object to liquid medicines can secure Peruna tablets.

## SLOWER THAN CITY COUSIN

Country Youngster in Army Found to Be Possessed of Much Less Initiative and Speed.

American officers are making precisely the same comment as to the city boy versus the country boy that the British officers made when the first green regiment came to the continent, says a correspondent in France. The country boy is a heavier, stronger, but also a slower lad than his city cousin. "City life sharpens the wits," is the British conclusion. "The city boys adapt themselves to this devilish life more rapidly than the country boys do. They are just as hardy, too, and soon pick up the little outdoor tricks that so many country boys have learned on hunting and fishing trips. The city youngster has more initiative and more speed."

"Is he game?" I asked.  
"There are no game regiments in the British army than the cockneys," was the reply.

Americans find the country boy needs more watching and caring for than the recruit from the city. His morale and behavior are far better, but he does not adapt himself quickly to his new environment.

## NO ROMANCE IN HIS SOUL

Man Who Could Destroy Little Wife's Illusion as He C'd, Didn't Deserve to Have One.

"John," she asked, nestling up to him, for it was the third anniversary of their marriage, "what was the happiest moment of your life?"

"Ah, dear," he replied, "I remember it well. I shall never forget it. If I lived to be one hundred years old that moment would always stand out as plainly as it does tonight."  
She sighed and nestled a little closer, looking longingly up into his honest blue eyes. After a moment's silence she urged: "Yes, but, John, dearest, you haven't told me when it was."  
"Oh," he answered, "I thought you had guessed it. It was when you came to me in the autumn, if you remember, and told me that you had decided to trim up one of your old hats so as to make it do for the winter."

Then the celebration of the third anniversary of their marriage became exceedingly uninteresting and formal.—Milwaukee Journal.

## Another Slap at Sappy.

"What's weighing on your mind, Cholly?"  
"Do you think my mind is a pair of scales?"  
"Well, no, if you want to be precise about it—scales are evenly balanced."  
—Boston Transcript.

## Really Wonderful.

"Isn't it wonderful how these harvesting machines cut the wheat and tie it into bundles?" "Oh, I don't know, I hear they have a machine now that cuts the wheat, threshes it, grinds it into flour and raises the price, all in one operation."—Life.

## Qualified.

"What reason have they to hope that they can gain admission to the smart set?"  
"Before they were married each of them denied in at least a dozen interviews that they were engaged."

Reading that does not create and foster a taste for good literature is of doubtful value.—Selected.

The fool and his money are the salvation of the shrewd promoter.

Piles Cured in 6 to 14 Days  
Druggists refund money if PAIN EXPELLER fails to cure itching, blind, bleeding or protruding piles. First application gives relief. 50c.

Better make your calls short than be a yawn maker.

**GARGET or CAKED UNDER IN COWS** can be overcome by feeding cow tonic to purify the blood and expelling Dr. David Rowland's **BADGER BALM**. A soothing and healing ointment. Excellent for sore teats and inflamed udders. Read our Free Home Veterinary. Send for Free Booklet on Absorption in Cows. If no dealer in your town, write Dr. David Rowland, Vet. Co., 100 Grand Avenue, Waukesha, Wis.

**Cuticura Soap is Easy Shaving for Sensitive Skins**  
The New Up-to-date Cuticura Method

**PARKER'S HAIR BALSAM**  
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 25c. and 50c. at Druggists.