

What Your Dollar Bought 10 Years Ago—and What It Buys Now

The cost of most of the necessities of life, including materials used in giving telephone service, has been going up for some time.

But today your dollar buys 400% more telephone service than ten years ago.

And today your dollar buys 40% less of all living commodities than ten years ago.

The price of the principal items used in telephone repairs and extensions has gone up about 75 per cent during the last two years.



ARRANGE FOR SELF-DEFENSE

Scandinavian Countries Find Themselves in Precarious Situation Because of the War.

The recent meeting of the three kings of the Scandinavian countries, so unexpected and so unusual, was practically a meeting in self-defense, forced on them by the precarious situation in which the war has placed their countries, writes Maurice Francis Egan in the Yale Review. Sweden had prided herself on her militarism copied from the German system. Norway relied on its coast line, its shipping, its fisheries and the firm belief that it was practically independent of the world, with an assured future made by its own brains and its natural resources. Denmark, never free from the fear of the German Colossus, believed that England and Russia might save her from extinction at the crucial moment; and the preponderance of American opinion at the various Hague conferences made her hope that the moral force of our opinion might prevent her national extinction. These hopes are gone. Denmark fed England, she exported certain products to Germany, she had made herself the foremost scientific agricultural nation of the world, she was the freest, she was working out the ideals of her national life without desiring to acquire territory or to infringe on the rights of others; but the moment the United States entered the war she and the other Scandinavian nations gave up hope of any protection or help, and they have now determined to band together in an industrial, economic union. The world has deserted them and they have determined to do their best to become independent of the world.

Grossly Material.

"What is your favorite perfume?" "Well," replied Mr. Cumrox, "in the evening it's mint; but in the morning it's ham and eggs."

Man's Mission.

Man's mission is not to pull great problems down to his own level—but to climb up and conquer them.

Put Into Practice

Conservation means the use of foods requiring less sugar, less fuel, and the minimum of wheat.

Grape-Nuts

requires NO SUGAR, NO FUEL, less milk or cream than other cereals, and is part BARLEY. It's a concentrated, nourishing, economical and delicious food. TRY IT!

Highway Improvement

ANNUAL COST OF HIGHWAYS

Construction and Maintenance Involve Expenditure of \$300,000,000—Burden on Roads.

(Prepared by the United States Department of Agriculture.)

Road construction and maintenance in the United States involve an annual outlay of over \$300,000,000, a sum which, if capitalized at 5 per cent, would represent an investment of \$6,000,000,000.

As recently as 1906 there were only 100,000 motor vehicles in the United States compared with nearly 5,000,000 of 1917, while in 1904 the total outlay



Vitrified Brick for Paving Country Roads—Filling the Joints, First Coat.

In money and labor on the public roads aggregated only \$80,000,000, compared with some \$300,000,000 for 1917. Thus the public roads have been changed with bewildering rapidity from the status of the purely local utility to that of a utility of national importance and scope.

It is well known that the railroads of the United States are unable to carry the enormous traffic now offered for transportation, and it is to be expected that the public roads will from now on have added to their present traffic burdens such freight as may be shifted to them to relieve railway congestion.

It is beyond question that for passenger haul the public roads are used to a greater extent than the railroads. These impressive conditions have been created within the span of a single generation.

On July 11, 1916, President Wilson approved a measure generally known as the federal-aid road act, which carried an appropriation of \$75,000,000 to aid the states in the construction of rural post roads and \$10,000,000 to be expended for the construction and maintenance of forest roads.

BUILDING ROADS IN ALASKA

Road Commissioners Find Trouble in Maintenance on Account of Narrow Tired Trucks.

Alaska has been building roads since 1905. It has built 920 miles of wagon roads, 629 miles of winter sled roads and 2,210 miles of trails. One of these roads was built for motorcar traffic, but more than 250 trucks and passenger cars were in use over them at the close of the last fiscal year.

Much damage has been done to the roads by heavy narrow-tired trucks, and the board of road commissioners finds troubles of maintenance with them always. In addition, they found it necessary to build a five-mile road along a hillside last summer by covering the road bed with willow corduroy and surfacing the corduroy with gravel because the material underlying the location consisted of six feet of gravel on the bed rock, forty feet of clear ice on the gravel and two feet of moss and tundra on top.

PERMANENT ROAD IS FAVORED

Saving in Cost of Rebuilding Would Pay for Them in Comparatively Few Years.

A writer on the advantage of permanent highways makes the point that the saving in the cost of rebuilding would pay for them in a comparatively few years—and then there would be a prospect of valuable returns. The thing would be like making a few payments to secure an annuity. Wherever the money can be raised there should be permanent highways. That is the good roads gospel par excellence.

Poor Roads a Loss.

The farmers of the United States have been allowing \$300,000,000 in real money to escape from their pockets each year because of poor roads, according to experts.

Cart Before Horse.

Putting the cart before the horse—installing truck lines before building adequate roads.

Cause of Mottled Butter.

Mottled butter is caused by the uneven distribution of salt.

POULTRY FACTS

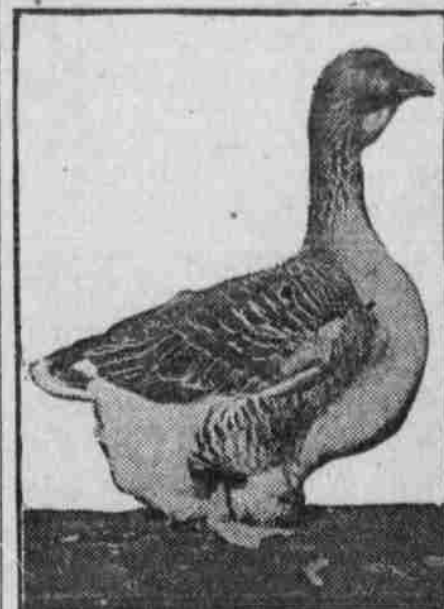


STANDARD BREEDS OF GEES

Fowls Should Be Selected for Size, Prolificacy and Vitality—Toulouse Is Largest.

(Prepared by the United States Department of Agriculture.)

In order to obtain best results in raising geese they should be selected for size, prolificacy, and vitality. Six breeds of geese have been admitted to the American standard of perfection, namely Toulouse, Embden, Chinese, African, Wild or Canadian, and Egyptian. In addition to the stand-



Toulouse Gander.

ard breeds there is the so-called Mongrel goose, which is a hybrid made by crossing one of these varieties, or the common goose, with wild geese. Crosses of the varieties of geese, especially of the Toulouse and Embden, are occasionally made, but without any apparent gain. The Toulouse, Embden, Chinese, and African are easily the most popular breeds of geese in this country, the first two greatly leading the other breeds. All economic breeds of geese are kept primarily for the production of flesh and feathers; and although their eggs are occasionally used for culinary purposes on the farm, there is no demand for them for food purposes in the markets.

The Toulouse, the largest of the standard breeds of geese, is a good layer, producing from 20 to 35 eggs a year, is docile, grows rapidly, and makes a good market bird. However, its dark pinfeathers make it a slightly less attractive market goose than the Embden.

The Embden, a large white goose, slightly smaller and with somewhat longer legs than the Toulouse, is only a fair layer and is usually less prolific than the Toulouse. This breed has white pin feathers, is a rapid grower, and matures early.

The African, a gray goose with a distinct brown shade, about the size of the Embden, is a good layer and makes a good market goose, although it has the objectionable dark pin feathers. It is a rapid grower and matures early.

There are two standard varieties of Chinese geese, the Brown and the White. Both varieties mature early and are said to be prolific layers and rapid growers, but shy and rather difficult to handle.

The wild goose is bred to some extent in captivity, and the young are sold to hunters to use as decoys. The wild gander is used to cross with either the common or the purebred goose, producing the so-called Mongrel goose. This Mongrel goose is highly prized as a market goose, but is sterile and cannot breed.

The Egyptian goose is a small, brightly colored goose, kept for ornamental purposes and rarely seen in this country. It resembles the wild goose in shape and weighs two pounds less in each class.

INCREASE IN POULTRY URGED

Poor Policy for Novices to Begin on Large Scale—Quite Likely to Lead to Failure.

(Prepared by the United States Department of Agriculture.)

It should be borne in mind that an increase in poultry production is sought not for this year alone, but for the entire duration of the war. It is not urged that novices without experience engage in poultry keeping on a large scale. That is recognized as a poor policy at any time and is more likely to lead to failure and eventual decrease than to a steady and permanent increase in production. What is urged is that those who are already poultry growers to some extent and possess the information and ability necessary successfully to increase their stock and production should do so.

Beginning With Poultry.

If the beginner has had experience in poultry keeping, it will be all right to purchase eggs and start with setting them. Otherwise he should begin with the fowls and thus gain some knowledge of caring for poultry before attempting to raise chickens.

What "Good-By" Means. "Good-by" is simply a contraction of "God be with you." To say "adieu" is another way of saying "To God I commend you." The literal meaning of "farewell" is "May you journey well," or "Fare you well."

RED CROSS—GOODNESS YES. Red Cross Ball Blue, yes. Nothing else will do. Red Cross Ball Blue makes my clothes a beautiful clear white, not the dingy yellow green tinge of liquid blue. Red Cross Ball Blue for me. Yes sir-e, Bob.—Adv.

The Mathematical Mind. "What was the answer to that investigation?" "It turned out," replied Senator Sorghum, "like some of these sums in decimal fractions. The problem seemed simple enough, but you could prolong the answer indefinitely."

Too Much to Ask. The Lady—Can I have this sent on approval? Clerk—Yes, madam, but you'll have to return it in seven days.

The Lady—Goodness, gracious! How can I make up my mind in seven days?—Judge.

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

Ouch! "There is one thing I can't understand," he started to say. "Only one?" she asked, without waiting for him to finish.

"There was one. Now there are two. The second is, why some girls never learn that it is only the pretty ones who can afford to be impertinent."

Cuticura for Sore Hands. Soak hands on retiring in the hot sud of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with soft tissue paper. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Drying. "Did you wash today, Katie?" "Sure, I did, ma'am."

"Well, you'd better bring the clothes in off the line, it looks like rain."

"Sure, the clothes are all in, ma'am."

"Well, there's something out there on the line."

"Yes, ma'am; it's only your hair, ma'am."

WOMEN SUFFERERS MAY NEED SWAMP-ROOT

Thousands upon thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Pleasing Everybody. "That lecturer is very popular. He gives it to the saints and the sinners alike."

"Well?"

"And that seems to make a hit with both classes."

Libby's Such Flavory Sliced Beef!

THE tenderness of Libby's Sliced Dried Beef, will delight you—but you will find the greatest difference in the flavor!

Have Libby's Sliced Beef with creamed sauce today. See how much more tender, more delicate it is than any other you have ever tried.

Libby, McNeill & Libby, Chicago

More than 4,000 Jews are enrolled in the United States navy. Most men are polished by bumping against the passing years. A fixed price is not improved by offering an excuse. Remember, the spirit of sacrifice is as glorious as it is inconvenient.

Why Swift & Company Has Grown

The fact that a business organization has grown steadily for forty years proves that it has kept continually meeting a vital business demand.

It must have kept "fit" or it could not have stood the strain of ever-shifting conditions.

Swift & Company has been trained in the school of experience.

Every day of its forty years of service has solved some new problem of value to its customers.

Every year has proved its ability to learn by experience, and to use this knowledge for the benefit of those with whom it deals.

Swift & Company, U. S. A.

Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE ISLELLA, Box 197, North Haven, Conn.

In Such Cases

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.