

A Medicine for Women

For Forty Years Lydia E. Pinkham's Vegetable Compound has Relieved the Sufferings of Women.

It hardly seems possible that there is a woman in this country who continues to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, proving beyond contradiction that this grand old medicine has relieved more suffering among women than any other medicine in the world.



Mrs. Kieso Cured After Seven Month's Illness.
Aurora, Ill.—"For seven long months I suffered from a female trouble, with severe pains in my back and sides until I became so weak I could hardly walk from chair to chair, and got so nervous I would jump at the slightest noise. I was entirely unfit to do my house work, I was giving up hope of ever being well, when my sister asked me to try Lydia E. Pinkham's Vegetable Compound. I took six bottles and today I am a healthy woman able to do my own housework. I wish every suffering woman would try Lydia E. Pinkham's Vegetable Compound, and find out for herself how good it is."—Mrs. KARL A. KIESO, 596 North Ave., Aurora, Ill.

Could Hardly Get Off Her Bed.
Cincinnati, Ohio.—"I want you to know the good Lydia E. Pinkham's Vegetable Compound has done for me. I was in such bad health from female troubles that I could hardly get off my bed. I had been doctoring for a long time and my mother said, 'I want you to try Lydia E. Pinkham's Vegetable Compound.' So I did, and it has certainly made me a well woman. I am able to do my house work and am so happy as I never expected to go around the way I do again, and I want others to know what Lydia E. Pinkham's Vegetable Compound has done for me."—Mrs. JOSIE COPNER, 1628 Harrison Ave., Fairmount, Cincinnati, Ohio.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Let the mind soar with the eagle rather than crawl with the snake.
Good health cannot be maintained where there is a constipated habit. Garfield Tea overcomes constipation. Adv.

USE ALLEN'S FOOT-EASE
The antiseptic powder to be shaken into shoes and sprinkled into the foot-bath. It relieves painful, swollen, smarting feet and takes the sting out of corns and bunions. The greatest comforter ever discovered for all foot-aches. Sold everywhere, 25c. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.—Adv.

Quiet Girl.
Caller—That new girl of yours seems nice and quiet.
Hostess—Oh, very quiet! She doesn't even disturb the dust when she's cleaning the room.

Realizing His Importance.
Louis is the only boy, not only in the immediate family, but also in the collateral branches. One night at his nurse's knee he said his prayers aloud:
"Now I lay me down to sleep,
"I pray the Lord my soul to keep,
"If I should die—
Pausing, he reflected a moment, and then broke out:
"Golly! Wouldn't there be a row in this family if that 'ud happen!"—Harper's Magazine.

A Little Skeptical.
"As I was walking through Central park, in New York, when I was there last summer," the fat plumber remarked, "I saw a round, shallow sort of vessel on top of a short post and I have been wondering ever since what it was."
"Where was it located?" the thin carpenter asked.
"Right out in the middle of a lawn."
"And don't you know what that was?"
"Nope."
"Well, I'll tell you. It was a bird bath."
"Quit her kidding!"
"It's the truth."
"I don't believe it for a very good reason."
"What is the reason?"
"Because I don't believe there is a bird on earth that can tell Saturday night from any other time."—Youngstown Telegram.

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 *Wm. D. Feltz* In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

East Indian Rulers.
Saint Nihal Singh, writing in the Southern Workman, says: "Without a single exception I have found the Indian rulers to be men of great administrative ability and statesmanship, all devoted to the welfare of their subjects and interested in all sorts of reform movements."

Pupley's Fowls.
When Pupley invested in six worse-for-wear hens, he made straightway for the local grocer, and inquired whether that gentleman would give him market price for the produce of his feathered stock.
The grocer smiled at his impetuosity, and told him he would be only too pleased to buy at current rates. To his surprise, Pupley called round with 42 eggs as the result of his hens' first week's exertions. An hour or two after the tradesman had retailed the first of the eggs, he called round on Pupley.
"I'd like to see your hens," he said; "there's something I can't understand about them."
Pupley piloted him down the garden. "There they are," he remarked; "splendid strain. I've given them a good run, you see, but this wet weather they get into a frightful pickle!"
"Oh, that accounts for it," answered his visitor.
"For what?"
"Accounts for their laying pickled eggs," said the grocer.

There's a good way to keep growing boys and girls healthy and happy and that is to give them Grape-Nuts for breakfast.

This wonderfully nourishing food has a sweet, nutty flavor that makes it popular with children.

One of the few sweet foods that does not harm digestion, but builds them strong and bright.

At grocers everywhere.

Arab Revolt Against Turks and Germans Not Unlikely: Capture Of Bagdad Ends German Dreams

BY FRANK SIMONDS, Copyright—1917, Tribune Assn.
New York, March 13.—The fall of Bagdad is one of the most interesting incidents in the whole war. One may exaggerate the important military effect and the ultimate political consequence, but not the possible results, for it may be the first step in a new orient of Islam, the return of Arabian supremacy and the relegation of the Golden Horde to a place outside the walls of the Mohammedan world. By taking Bagdad, the British have amply and with reasonable promptitude retrieved the prestige lost in the whole near east by the surrender at Kut-El-Amara a year ago. This surrender, coupled with the failure at Suez, has been, if only momentarily, endangered British prestige from Egypt to Siam. It was the kind of failure that could not be permitted to stand and its effect east of Suez could only be compared to that of the Rumanian collapse in Europe.

Russ Wait On British.
A year ago when the Russians had taken Erzerum and were pressing west through Persia, there was a moment when it seemed possible that the three fold allied thrust of the allies might fuse into a single drive across the upper waters of the Euphrates, and the Tigris and that the Turk would be pushed out of Mesopotamia and threatened, if not attacked in Syria. The British failure ended this possibility.

After taking Erzingan and Trebizond, Russian operations came to a dead halt and presently the Turks began to advance. Persia, Mesopotamia and again reported to be moving west out of Hamadan in Persia, and the position of the Turks facing them will become exceedingly difficult as British pursuit from Bagdad reaches their communications.

May Take Jerusalem.
So much for the immediate military effect. Granted that the British army is capable of further effort, after its recent exhausting campaign, it is probable that the Turks will be driven as far as Mosul, along a section of the Bagdad railroad which has been completed. At Mosul, the British will be able to join hands with the Russians, advancing from Lake Van. A resumption of the Russian advance from Erzerum westward upon Diabek and Kharput is also conceivable. Such a campaign would inevitably compel a Turkish retreatment out of most of Syria, and this retreatment may be precipitated by the British army being exerted by a British army moving out of Egypt and already reported at the gates of Jerusalem.

But underlying the military is the political meaning of the new turn in the war. If you draw a line from the Gulf of Alexandria on the Mediterranean, straight east to the Tigris river, will, roughly speaking, indicate the northern frontier of the Arab Mohammedans like the Turks, the Arabs have never reconciled themselves to the rule of the great powers of the Orient, and their successors who carried the green banner from Bagdad to the Loire have survived and the decline of Islam in the world remains for the Arab a consequence of Turkish supremacy. For many years has been a growing restlessness among the Arabs, which is Arab by population, was on the verge of a revolt when the Young Turks overthrew Abdul Hamid, and it was long the Syrian dream to create an autonomous Syria. Away to the south, about Mecca, there has been a terminable Arab revolt and now the last of these has driven the Turk out of the holy city and thus deprived him of the possession of the center of Islam, which was one of his chief claims to power.

The failure of the Turkish expedition against Egypt, the fall of Bagdad, the invasion of Palestine, are the circumstances which must combine to shake Turkish power. Add to this the great misers and suffering the war has brought to Syria and to Mesopotamia, and the unpopularity of the German, and it is plain that there is in sight sufficient basis for a revolt of the whole Arab population, from the Amanus mountains to the Yemen, and from the Mediterranean to the Tigris. No one will forecast the immediate outbreak of such a storm, but its coming must now be regarded as one of the most probable consequences of the fall of Bagdad.

The alliance between the Turks and Germans was designed by the Germans to serve as the first step in the assertion of German supremacy in Islam. Long before the war the Kaiser had gone to the near east and had sought to build up a legend of Germanish power and his greatness in the whole Turkish world. It was generally accepted in Islam that the Kaiser was a Mohammedan. This alliance was to permit the Germans, once the Bagdad railroad was completed, to go south and east, south to Egypt and east to India. The German plans included the arrival of the Bagdad railroad at Suez and at the Persian gulf, the road to be linked up ultimately with the railroads in Egypt and in India.

When Turkey entered the war, a holy war was proclaimed against the infidel, and the Germans planned to harness the Moslems to the Mohammedan to the world plans of the Kaiser and conquer British and Russian territory by Turkish armies, trained officers and equipped by Germans. Nor did the German scheme pause at Egypt. It dreamed of further extension along the African shores of the Mediterranean and contemplated repeating the triumph of the Arab successors of the prophet who carried Islam from the Arabian desert to the shores of the Atlantic facing Gibraltar.

Allies Plan Counter Stroke.
To expel the Turk from Islam, by separating him from Mecca, to restore the Arab to the place he once occupied, to confine the Turk to Asia Minor, by erecting a French protectorate in Syria, a Russian province in Armenia and a British colony in Mesopotamia, with an extension of Egyptian territory to Palestine or the creation of an independent holy land, these have been the conceptions of the allies. This has been their answer to the German success in capturing the Turk and thus the machinery of Islam.

One more circumstance should be noted. The German scheme of Mittel Europa, which underlies the present policy of German statesmen, as it was the chief purpose of pan-German activity before the war, was based upon the creation of a great state which should extend from the channel at Calais to the Gulf of Riga on the Baltic, and from Hamburg and Bremen to Suez and the Persian gulf. In realizing a very great portion of their dream, the Germans have been checked at the frontiers of complete success. They did not take Calais; they did not take Riga; their supremacy in the Balkans was partially blocked by the allied occupation of Salonika, and the British, by occupying Basra near the head of the Persian gulf and repulsing the Turkish attack on Suez, closed the doors of the middle European empire in the near east. As long as the Turk held Constantinople and the Bulgarian and Austrian armies kept open the road from the Danube to the Golden Horde, the European dream of the fall of Bagdad nor the exit of the Turk from Mesopotamia, Armenia and Syria would destroy the German scheme utterly or erect an adequate barrier to future resumption of the German advance. Middle Europa will be abolished only when the Serbian barrier has been restored along the Danube and to the Serbia of 1914 are added the lands of the Austrians—Serbia, Bosnia, Herzegovina and southern Dalmatia, together with Montenegro.

After all, war is in a measure a thing of omen still, and it must be a real augury of great successes to come for the British to open 1917 with a victory precisely at the point at which they suffered disaster a year ago. And once more the east discovers that the Briton, sometimes defeated, does come back. As for the Turk, at the best, he will now have to recall the divisions he lent the Kaiser in Galicia, Lithuania and the Balkans and send them to Asia to hold his Arab dominions.

Healthy Skin Depends On Kidneys

The skin and the intestines, which work together with the kidneys to throw out the poisons of the body, do a part of the work, but a clean body and a healthy one depends on the kidneys. If the kidneys are clogged with toxic poisons you suffer from stiffness, your joints seem "rusty," you may have rheumatic pains, pain in the back, stiff neck, headaches, sometimes swollen feet, or neuralgic pains—all due to the uric acid or toxic poisons in the blood. This is the time to go to the nearest drug store and simply obtain a 50c. package of Anuric (double or triple strength), the discovery of Dr. Pierce of Buffalo, N. Y. Then drink a cup of hot water before meals, with an Anuric Tablet, and notice the gratifying results. You will find Anuric more active than lithia.

Omaha, Neb.—"All of last winter I was just about down and out with a heavy cold on my lungs that the old-fashioned home remedies I had been accustomed to taking did not seem to touch. I was just about to send for the doctor when my brother advised me to try Dr. Pierce's Golden Medical Discovery. I only took the one bottle, but it certainly did give me wonderful relief and I believe saved me from a stage of pneumonia. My people have used Dr. Pierce's remedies for more than twenty years and consider them to be the most reliable."—MRS. CORA H. JOHNSTON, 2406 I St.

Dr. Pierce's Golden Medical Discovery contains no alcohol, no narcotic, is put up in both liquid and tablets and is to be found in all drug stores.

If not obtainable at your dealer's send \$1.00 to Dr. Pierce, Invaluable Hotel, Buffalo, N. Y., and he will mail large package of tablets.

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"
\$3 \$3.50 \$4 \$4.50 \$5 \$6 \$7 & \$8 FOR MEN AND WOMEN
Save Money by Wearing W. L. Douglas shoes. For sale by over 9,000 shoe dealers. The Best Known Shoes in the World.
W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

W. L. Douglas \$3.00 \$2.50 & \$2.00
President W. L. Douglas Shoe Co., 185 Spark St., Brockton, Mass.

His Move Next.
A woman in a railway waiting room the other day had a great deal of trouble with one of her children, a boy of seven or eight, and a man who sat near her stood it as long as possible and then observed:
"Madam, that boy of yours needs the strong hand of a father."

"Yes, I know it," she replied, "but he can't have it. His father died when he was six years of age, and I've done my best to get another husband and failed. He can't have what I can't get."

The Commercial Muse.
"Scribbler is very fond of putting advertisements in the newspapers, isn't he?"
"Yes, very. He says that's about all he writes that gets into print."

No Hope.
Pansey—Isn't it tragic that John fell down on his job?
Lily—Well, he still can make good.
Pansey—No, he can't; he was a steeplejack.—Jester.

You Can Make Excellent Cake With Fewer Eggs

Just use an additional quantity of Royal Baking Powder, about a teaspoon, in place of each egg omitted.

This applies equally well to nearly all baked foods. Try the following recipe according to the new way:

CREAM LAYER CAKE	
Old Way	New Way
1 cup sugar	1 cup sugar
1/2 cup milk	1 cup milk
2 cups flour	2 cups flour
2 teaspoons Royal Baking Powder	4 teaspoons Royal Baking Powder
3 eggs	1 egg
1/2 cup shortening	2 tablespoons shortening
1 teaspoon flavoring	1 teaspoon flavoring

Makes 1 Large 2-Layer Cake

DIRECTIONS—Cream the sugar and shortening together, then mix in the egg. After sifting the flour and Royal Baking Powder together, two or three times, add it all to the mixture. Gradually add the milk and beat with spoon until you have a smooth pour batter. Add the flavoring. Pour into greased layer cake tins and bake in a moderately hot oven for twenty minutes. This cake is best baked in two layers. Put together with cream filling and spread with white icing.

Booklet of recipes which economize in eggs and other expensive ingredients mailed free.

Address ROYAL BAKING POWDER CO. 125 William St., New York

ROYAL BAKING POWDER

made from Cream of Tartar, derived from Grapes

No Alum No Phosphate
No Bitter Taste

Canada Offers 160 Acres Free to Farm Hands

Bonus of Western Canada Land to Men Assisting in Maintaining Needed Grain Production

The demand for farm labor in Canada is great. As an inducement to secure the necessary help at once, Canada will give

ONE HUNDRED AND SIXTY ACRES OF LAND FREE AS A HOMESTEAD

and allow the time of the farm laborer, who has filed on the land, to apply as residence duties, the same as if he actually had lived on it. Another special concession is the reduction of one year in the time to complete duties. Two years instead of three as heretofore, but only to men working on the farms for at least six months in 1917. This appeal for farm help is in no way connected with enlistment for military service but solely to increase agricultural output. A wonderful opportunity to secure a farm and draw good wages at the same time. Canadian Government will pay all fare over one cent per mile from St. Paul or Duluth to Canadian destination. Information as to low railway rates may be had on application to

M. J. JOHNSTONE, Drawer 197, Watertown, S. D.; W. V. BENNETT, Room 4, Bee Bldg., Omaha, Neb., and R. A. GARRETT, 311 Jackson St., St. Paul, Minn.