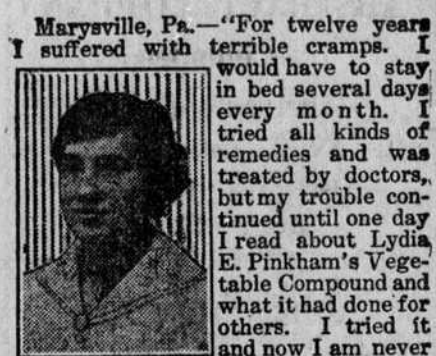


THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering



Marysville, Pa.—"For twelve years I suffered with terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did."—Mrs. GEORGE R. NAYLOR, Box 72, Marysville, Pa.

Young women who are troubled with painful or irregular periods, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Only women open and read such letters.

What Did He Mean?

Until three o'clock this afternoon Warden Hanley of the Tombs prison was a perfectly contented warden, says a New York correspondent. He had been told twice during the morning that a man with a frock coat and a silk hat had called to see him, and the man was to return at three o'clock. Mr. Hanley cut short his tour of the prison and returned to his office. He found that the caller had called, fumed and finally left this note: "Thirty years ago my father, who was of medium height and undoubtedly punctual, was employed as a heat denudator in a metal mill in Pittsburgh. For years, or at least for a considerable time, he told no one. However, it was common rumor. Now, after all these years, does it seem that a man would deliberately take any such action? What would be his motive? I ask you as a humanitarian to discuss this with no one. Merely use it for your own information and proceed likewise. I leave for Pittsburgh at four o'clock, but trust you implicitly.—A Friend. At a late hour Warden Hanley, having read the note through 92 times, was reading it through for the ninety-third time.

Too Much for Him.

"Conscription has, maybe, saved the country," growled the strapping young soldier, "but what I object to is the company it drives a man into. I am a practical plumber by trade, an honest workman, yet I'm compelled to suffer the society of such professionals as a lawyer, a minister and an auctioneer." "No! a bad selection, Jock," remarked his friend.

"Oh, maybe no' in a way; but when the minister and the lawyer start an argument on Egyptian law in the middle of the night across half a dozen beds, with the blessed auctioneer as umpire, what chance has even a practical plumber of stoppin' the gas leak?"

Real Sporting Blood.

The kind-hearted woman stopped to reprove the youngster who had chased a cat up a tree.

"You bad boy! Suppose you were a cat, would you like to have anyone chase you in that fashion?"

"Gee, wouldn't I, though, if I could climb like that!" said the youngster, grinning.

A lean woman and a fat one nearly always envy each other.

The Danger Zone for Many Is Coffee Drinking

Some people find it wise to quit coffee when their nerves begin to "act up."

The easy way nowadays is to switch to

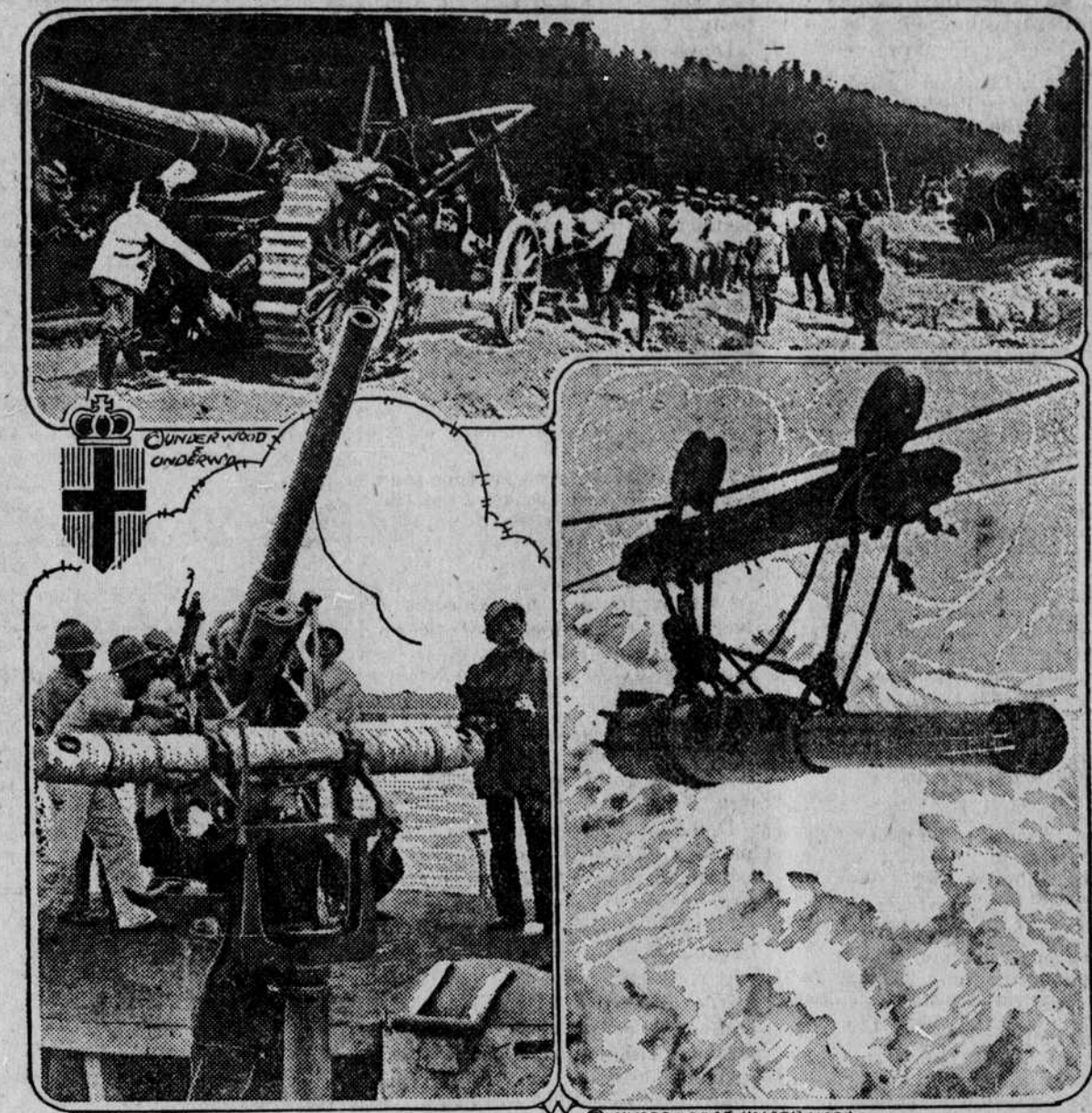
Instant Postum

Nothing in pleasure is missed by the change, and greater comfort follows as the nerves rebuild.

Postum is economical to both health and purse.

"There's a Reason"

WITH THE ITALIANS IN THEIR LATEST DRIVE AND ON THE SEA



Above: Hauling artillery piece up the Trentino Alps. Lower left: Italian anti-aircraft gun. Right: Monster Italian gun being carried across a deep valley in Trentino Alps by means of a cable.

These pictures, just received in this country, give some idea of the gallant fight against odds which the Italians are making. Two of the photos illustrate the recent drive in the Trentino Alps, which resulted in the capture of several high peaks. The anti-aircraft gun is the latest type in use by the Italians, and has been successful in driving off enemy planes.

Yarra Bank, Its Significance.

Famous Melbourne Center Is to Australia What Hyde Park Is to England or Madison Square to the United States.

From the Christian Science Monitor.

Yarra Bank, close to Melbourne, has gained a curious notoriety. It is to Melbourne something of what the marble arch corner of Hyde Park is to London. Along its uncutivated stretch there gather, every Sunday, a crowd of speakers and lecturers, all of whom address themselves to the little bodies of satellites grouped around them. As in Hyde Park, every sort of theory from evolution to eternal punishment, and from prohibition to socialism is preached. It is here that some of the most violent attacks upon Mr. Hughes have been launched by the speakers of the I. W. W. organization, and the center of those speeches shows a rancorous hatred of the prime minister which it is, at first, difficult to account for.

Mr. Hughes, of course, is a man who has known how to cultivate, to the full, the epigram, compiled by Whistler, of "the gentle art of making enemies." His management of the conscription bill was a tolerably good illustration of this. The conscription question was possibly the most vexed in the whole country, and into this turmoil of argument and counter-argument of invective and vituperation, the prime minister flung the referendum on recruiting. He might have submitted a bill to parliament. It would probably have passed the House, though it equally probably would have been rejected in the Senate. If it had been an arrangement might have been reached, by the ordinary methods, between the houses. But Mr. Hughes was in a hurry. He could not brook the delay of debates, and later possibility of conferences. The result was a direct appeal to the people, who answered that appeal in the negative. Meantime Mr. Hughes' hurry had involved him in a worse difficulty than this. Anticipating an affirmative vote, he had actually proceeded to call up the men eligible under the defense act. This decision set the country on fire. So fiercely was the fire fanned by popular animosity that, on the very morning of the election, the prime minister was forced to recall his regulation.

Then came the split in the labor party, and the appeal of the prime minister to the electorate, which resulted in a fusion of parties that placed Mr. Hughes once more in power, and the labor organizations in a minority. The defeat of the labor organizations was even more severe in the polls than the defeat of conscription had been at the referendum. The position was, indeed, a peculiar one. For some years past the labor caucus, acting through its officials, had claimed to direct the policy of the commonwealth government, which was a labor government. This was, of course, unconstitutional. It made the labor caucus the director of the policy of the country, quite irrespective of the desires of the electors. When, therefore, the labor party was defeated in the elections, the caucus rule fell with it, and there was substituted in its place a majority formed of a fusion of the other parties in the houses with that portion of the labor party which had followed Mr. Hughes.

So far there was nothing peculiar in the situation, since it followed the lines which might have been anticipated from the moment Mr. Hughes threw down his gage to the labor caucus. But under the surface there was obviously something more than this. It is impossible to ignore the fact that the opposition of the labor party to conscription, seeing that conscription had been introduced by one of the most popular of labor representatives, had taken his seat in the war cabinet which had become prime minister of the commonwealth in a labor ministry, was founded on something far stronger than a mere dislike of conscription. From the democratic point of view there is, indeed, obviously nothing to be said, other than academically, against conscription in the present crisis. This has been abundantly proved by the great democracies of the world. The republic of France has submitted to conscription as an absolute necessity and has indeed found as a leader on the occasion the principal anti-militarist in the country, Gustave Hervé. The labor party in Great Britain has warmly supported the government in what it too has decided is a necessity of the hour, and one of the principal labor leaders has taken his seat in the war cabinet which has enforced conscription. The democracy of the United States of America has accepted conscription, in the form of the selective draft, loyally as a necessity of

than the famous American constitution, which was avowedly framed on the British model, although at the time they were at war with their mother country.

It was the bill of rights, by which parliament voted "Dutch William" and his wife, Mary II, joint sovereigns of England, which made this realm a "crowned republic." From the moment the bill of rights gave the house of commons the sole right to levy taxes, and that house resolved only to grant the crown annual supplies, the backbone of absolutism—such as Russia has known, and Germany still knows, despite the mockery of its reichstag—was broken, and the nerve centers of tyranny were paralyzed. Henceforth there was a "crowned republic."

White Bread an "Invader."

From Answers, London.

We all mourn the death of the white loaf. We look with disfavor upon its brown successor, and we think of this dingy edible as something new—owing to the war. We have forgotten that it was a rarity.

English millers had the shock of their lives when they discovered the whiteness of foreign flour. Nothing could be produced by our mills to satisfy the baker, who in turn had to please his customers with white bread. Imports of flour increased alarmingly, and all because the British public were enamored of white bread.

Rumors of wonderful machinery producing white flour in Budapest caused English millers to visit Austria-Hungary. The result of this deputation was that in 1878 the first complete plant to reduce wheat to white flour was installed in England.

So started the home manufacture of white bread. We have had to bid farewell, not to an old friend, but to an enemy alien invader.

Plute.

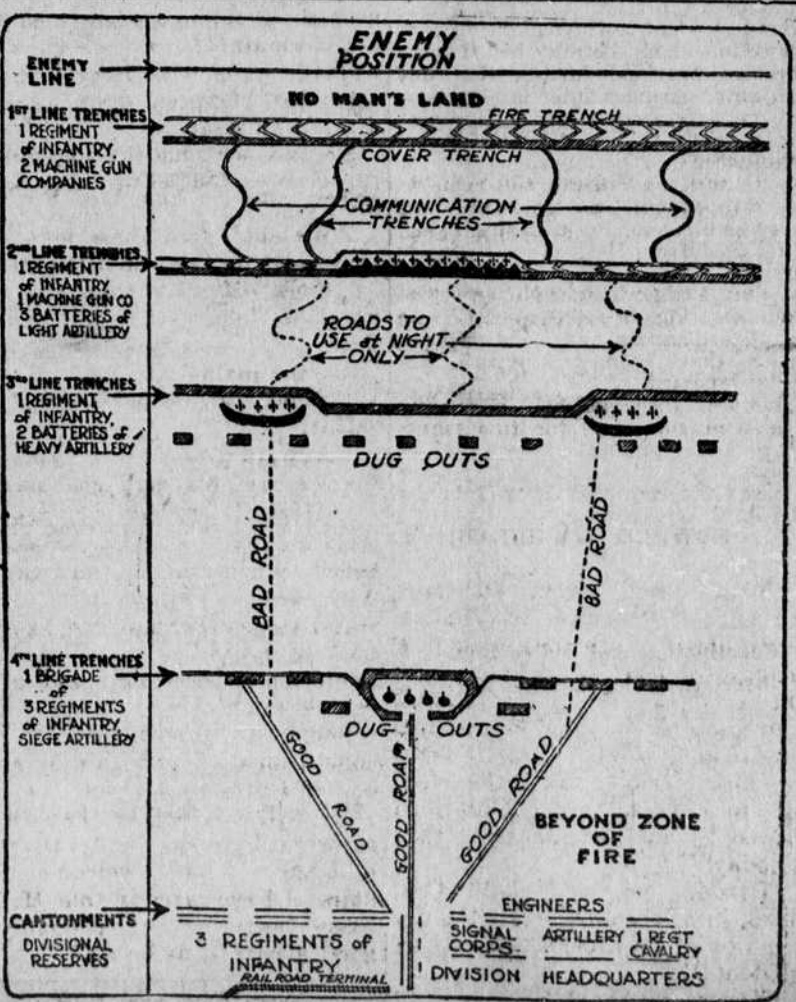
I have the largest goat ranch in the world. It contains all the bucks that have been passed since the dawn of history. And it is growing tremendously all the time.

Because I cannot get rid of a buck. There being nobody for me to pass it to. Can you guess who I am? Yes, you are right: I am that notorious plutocrat, "The ultimate consumer!"—Chicago News.

Change.

Ruth is an alchemist I know. And so I'll have to drop her. For every time I'm out with her My silver turns to copper.—Widow.

HOW AN ARMY DIVISION IS ALIGNED IN PRESENT DAY TRENCH FIGHTING



SEA SOLDIERS GOOD SHOTS

There is a Story From Vera Cruz That Tells of the Marksmanship of Uncle Sam's Marines.

The marines know how to handle a rifle: 50 per cent of the force are qualified, listed shots. There is a story from Vera Cruz that tells of good shooting and a sure eye, Henry Reuterhahl writes in the Youth's Companion.

Our bluejackets were marching up the street from the plaza between rows of low two-story houses. A well-dressed Mexican, with a newspaper over his knee, was sitting on the balcony of his house, apparently intent on watching our sailors advance; but hidden under the paper he held a big revolver, and as our men went by he fired. The bullets were striking, but our officers could hardly suspect a well-dressed Mexican, reading a paper and looking peacefully on from his own house, of being the sniper.

Dropping his paper, the Mexican went inside to reload. When he came out again on the balcony the glint of the gun caught the attention of Lieutenant Colonel Neville on horseback in the plaza, 1,000 or more yards away. Through his eight-power fieldglass the colonel saw plainly the flash of the shots under the newspaper.

"Get him," he said, turning to his orderly.

The man raised his rifle, pressed the trigger—and the Mexican fell out of his chair.

"Got him, sir," said the marine.

De Profundis.

At the summer training camp at Plattsburg last summer an undersized "rookie" was one day struggling along through mud that threatened to engulf him and his pack. The company were singing, and when they came to the chorus he joined in with growls and grumbles that seemed to come from well down toward his belt. Beyond doubt, melody was not his forte. A big, hulking sergeant came along.

"What's the matter? What are you howling about?"

"I'm singing bass," explained the "rookie."

"Don't do it, my boy," said the sergeant; "you're too deep down already. You come up to surface and get the air."—Youth's Companion.

The ultimate consumer knows a number of other things which are what Sherman said war was.

FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots. Simply get an ounce of ointment, double strength, from your druggist, and apply a little of it at night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Sublime Orders.

Colonel Corli was, as colonels go, not a bad old stick to have about a regiment, says London Ideas. Recently he had three men of his company in to help him move the grand piano, and, as this gift of Aunt Eliza's was of hefty build, he signed a blank order that the men might obtain beer from the canteen; leaving the amount thereof for the warriors to fill in themselves.

Here was a dispute.

"Put down six pints," suggested Private Dumps.

"More like a barrel!" growled one of the others.

But at last the sergeant came along with the right idea. He filled the paper up thusly:

"Please fill these men with beer."

Between Friends.

Hallie was great friends with a neighbor boy named Bruce. They lived in the country and had a mile to walk to school, and always went and returned together. One day, after school, Hallie went home alone, Bruce having stopped at his own home just below our house. He was in a disheveled condition, and on being questioned, confessed that he had been fighting, and that he had come out second best.

"But," said his mother, in a puzzled tone, "I thought Bruce was your friend."

"Yes, he is," replied Hallie, plaintively. "I don't know what he would have done to me if he hadn't been my friend."

Has a Fine Edge.

Wigg—Is she very keen in money matters?

Wagg—Well, her husband says it's wonderful the way she cuts into his income.—Town Topics.

Fretting is a perpetual confession of weakness.

Save the Babies

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent, or nearly one-quarter, die before they reach one year; thirty-seven per cent, or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save many of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium or morphine. They are, in considerable quantities, deadly poisons. In any quantity, they stupefy, retard circulation and lead to congestions, sickness, death. There can be no danger in the use of Castoria if it bears the signature of Chas. H. Fletcher as it contains no opiates or narcotics of any kind.

Genuine Castoria always bears the signature of *Chas. H. Fletcher*

Raise High Priced Wheat on Fertile Canadian Soil

Canada extends to you a hearty invitation to settle on her FREE Homestead lands 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 rates to Supt. of Immigration, Ottawa, Can., or to

160 ACRES FARMS IN WESTERN CANADA FREE

Recess Was Called.

A real estate agent was testifying in court recently in a case involving the exchange of a picture show for a farm. It was contended that the theater was not worth what it was represented, owing to its location. The attorney asked the witness to state what the surroundings of the theater were.

"Next door to it was a shoe shining place," he answered, "then came a garage, and next was a saloon, and that's as far as I got." When the excitement subsided, the judge observed that that was a good place to stop, and the customary midsession recess was called.—Indianapolis News.

Contrary Yearning.

"Has your new neighbor found out all about how you are living?"

"No, but she's just dying to know."

The happy farmer is going to fight it out along the plow line if it takes all spring.

Sore Eyes

Granulated Eyclids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At 50c at druggists, or direct from A. L. Richards Medicine Co., Sherman, Tex.

DAISY FLY KILLER

placed anywhere, attracts and kills all flies. Wash, clean, ornamental, convenient, cheap. Lasts all season. Made of molasses, soap, kerosene, and turpentine. Will not soil or injure anything. Guaranteed effective. Sold by dealers, or 8 cents by mail, please prepaid for \$1.00.

MAROLD SOMERS, 150 DE KALB AVE., BROOKLYN, N. Y.

ECZEMA

Money back without question. EUNICE'S OINTMENT is the best treatment of ITCH, ECZEMA, RINGWORM, TINEA or other itching skin diseases. Price 50c at druggists, or direct from A. L. Richards Medicine Co., Sherman, Tex.

Every Woman Wants Partine

ANTISEPTIC POWDER FOR PERSONAL HYGIENE

Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. One extraordinary cleaning and germicidal power. Sample Free. 50c all druggists, or by mail, The Paxton Toilet Company, Boston, Mass.