

Suffered Several Years. PERUNA MADE ME WELL

Mrs. Elizabeth Reuther, 1002 11th St., N. W., Washington, D. C., writes: "I endorse Peruna as a splendid medicine for catarrh and stomach trouble, from which I suffered several years. I took it for several months, found my health was restored and have felt splendidly ever since. I now take it when I contract a cold, and it soon rids the system of any catarrhal tendencies."

Its My Standby for a Cold.

Those who object to liquid medicines can procure Peruna Tablets.

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 railway rates to Supt. of Immigration, Ottawa, Can., or to

M. J. Johnston, Drawer 197, Waterloo, S. D.
W. V. Bennett, Room 205 Building, Omaha, Neb.,
and R. A. Garrett, 311 Jackson Street, St. Paul, Minn.
Canadian Government Agents

Ready for Hard Fighting.

"Them Japs," said a man in a Flat-bush barber shop, to the second-chair artist, "ain't a-goin' to let them Germans get too far later Russia."
"Goin' to fight 'em?" asked the artist.
"Sure thing. First thing ye know them Japs will be over there."
"They are hard fighters, them Japs," ventured the artist.
"Hard? I should say so," declared the man, "and at this very minute the whole Jap army is marbled for action."

Mrs. W. J. Tisdale, Hoboken, N. J., widow, has seven sons in United States military service.

It takes an experienced elevator boy to let a man down easy.

Who Will Win This Battle?

Your kidneys are the filters of the body. If they become inactive and fail to eliminate the waste matter, they are apt to throw the whole mechanism of the body out of order, thus toxic poisons can accumulate in the system and be as deadly as snake venom.

Besides causing the minor ailments of rheumatism, sciatica, lumbago and backache, neglect of the kidneys is apt to develop into more serious diseases, such as diabetes or stone in the bladder.

Rid the body of toxic poisons—clean the bladder and kidneys and cure the twinges of rheumatism with Anuric and you win the battle of life.

Anuric was first discovered by Dr. Pierce and has benefited thousands of sufferers as well as appeased and eliminated the ravages of the more serious kidney diseases. Now procurable in vials for 60 cents at any good drug store, or send Dr. V. M. Pierce, Invalids' Hotel and Surgical Institute, Buffalo, N. Y., 10 cents for trial package.

Omaha, Neb.—"Two or three months ago I ached all over and felt so badly that I could not sleep at night, my bladder seemed weak, gave me considerable trouble, and caused stinging sensations. I read an advertisement of Anuric and purchased a bottle. It was only a few days before I felt wonderfully relieved, and all the soreness left me. I am glad to endorse such a worthy medicine and always shall recommend it."—Mrs. W. C. Zeschman, 1832 N. 17th St.

Every Woman Wants **Pastine** 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. Has extraordinary cleansing and germicidal power. Sample Free. 5c. all druggists, or postpaid by mail. The Paxton Toilet Company, Boston, Mass.

How Prices Go Up.

An incident which is being told in the wool trade may, perhaps, shed some light on the way in which prices increase when the fundamental value remains virtually unchanged. It may also illustrate how something akin to camouflage is utilized by business men to deceive even themselves into believing there is a shortage. One dealer sold a consignment of wool at 61 cents a pound, and it was resold several times, each dealer making 10 cents a pound profit. In the course of time, the merchant first referred to heard that a certain firm had an allotment of wool for sale and asked the price. On being told that the present owners had purchased at \$1 a pound, and were willing to sell at \$1.25, the inquirer said, "All right, I'll take it and send you a check. Where is the wool?" The answer came: "On the third floor of your own storage warehouse, where it has been ever since you sold it originally."—Christian Science Monitor.

CUTICURA STOPS ITCHING Instantly in Most Cases—Write for a Free Sample.

Cuticura is wonderfully effective. The Soap to cleanse and purify, the Ointment to soothe and heal all forms of itching, burning skin and scalp affections. Besides these super-creamy emollients if used daily prevent little skin troubles becoming serious.

Free sample each by mail with Book Address postcard, Cuticura, Dept. L Boston. Sold everywhere.—Adv.

Her Beau Was No Adonis. A girl with a stunning figure, big brown eyes, peach-like complexion and wavy black hair, lovely enough to become the bride of a prince, stood around the Union station recently watching and waiting, relates the Topeka Globe. Finally her face became illuminated; a spindly, weak-eyed, undersized young man slouched in sight, homely enough to stop a clock.

Is he her brother, her cousin, or her uncle? No, he is her beau. Girls are the funniest things in the world.

\$100 Reward, \$100 Catarrh is a local disease greatly influenced by constitutional conditions. I therefore require constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. \$100.00 for any case of Catarrh that HALL'S CATARRH MEDICINE fails to cure. Druggists 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

To Burn Stumps. Compressed air is used by a Washington inventor to force burning fluids into holes of stumps until they are destroyed more effectively than when dynamite is used.

A woman is naturally off color when she removes her complexion.

Happy is the home where Red Cross Ball Blue is used. Sure to please. All grocers. Adv.

When a man is easily bought the buyer is usually sold.

SAVE 50 PER CENT OF AMERICANS. There is one thing Americans can never be too thankful for, that is, that England and France have so advanced the science of war since the present one began that casualties have been reduced more than 50 per cent. All these improved methods of "barrage" and "zone fire" are now freely and gladly given to the American troops. This fact alone makes it easy to contribute the Liberty Loan. It makes it a pleasant duty for Americans to lend their good credit to their European allies. The French and British will have to maintain after the war, as they are having to maintain now, a vast number of hopelessly disabled soldiers and sailors who were crippled before the new methods of artillery war were perfected, when their gallant men had to go out into the open and expose themselves to quick firing machine guns and shrapnel explosions, even while they were cutting barbed wire electrically charged.

American Soldiers Courteous. A French mother whose two sons, her only children, have given their lives for France, has written to Margaret Prescott Montague, the American writer of "The Four Years of the American Troops now in France." The letter is enough to make the heart of every American swell with pride in the boys in the Atlantic Monthly, and says: "There have been here, in Paris, many touching expressions of the gratitude of our French people toward America. The first soldiers who arrived here have been greeted with extraordinary manifestations of the most ardent patriotic joy. In return, these fine handsome men have dedicated themselves to us by traits which reveal the nobility of their character. I myself have been by a mere chance the object of one of these manifestations, and it has moved me so deeply that I must tell you all about it."

I was waiting at the corner of l'avenue du Trocadero all alone, standing on the edge of the sidewalk, wrapped in my sombre mourning clothes. It was 5 o'clock in the afternoon. I was not thinking of the rides organized through Paris for the American boys, when, all of a sudden, a motor bus appeared, decorated with the American flag, and carrying at least 40 of your soldiers. A polu, one of our men, was driving, and next to him sat a noncommissioned American sergeant, a big fellow with a hat and, with a deep respect, saluted me. All the soldiers in the bus rose and repeated the salute. Behind this car, at least 20 more motors followed, the occupants of which, one after the other, repeated the beautiful "The American flag" salute. I was smiling to myself with an air both sad and resolute. I saluted them also, and understood well that they wished to say to me, "We are glad to fight for them to complete the task they have begun!" And I wished to tell them, "Courage et victoire!"

Verbal Hash. From the Milwaukee Journal. Senator LaFollette has made his long heralded speech in congress. With all the power at his command, he has given his side regarding his disloyal acts and utterances. And the most that one can say concerning his defense is that it is humiliating to Wisconsin to have a man representing this state who talks such stuff as Mr. LaFollette talks in congress. No one can find anything American in his speech, he can beat the thousands of loyal ones who have sought vainly for the slightest evidence of genuine patriotism in Mr. LaFollette's remarks.

What Mr. LaFollette said in defense of himself is mere verbal hash, an exclamatory concoction made up of anything that has been talked by the propagandists, the pro-Germans, the pacifists, and all the other who have been giving aid and comfort to Germany. It is a criticism of the nation. There is abuse of the administration. There is opposition to the war. But it is not a word of anything constructive favoring the United States. Never a word is there in denunciation of the Belgian outrage, the sinking of the Lusitania, the American boys in the trenches, the Kaiser within the United States against the United States. The Journal had 1,000,000 tongues. It would take them all to tell the outrages committed by the German government against the United States. It would take them all to tell the outrages done America by propagandist newspapers, treasonable individuals, and such lack loyal citizens as Senator LaFollette. It is not a word of anything that is patriotic. It is a word of anything that is pro-German. As for the Americanism of those who are backing Senator LaFollette in his lack loyalty politics, it is not a word of anything that is patriotic. As for the Americanism of those who are backing Senator LaFollette in his lack loyalty politics, it is not a word of anything that is patriotic. As for the Americanism of those who are backing Senator LaFollette in his lack loyalty politics, it is not a word of anything that is patriotic.

Too Big For His Job. From the Milwaukee Journal. On the streets of a neighboring city is a young man without a job. He is steady in his habits. He never enters a saloon. He does not gamble. He has never been known to be late at work. And he is one of the most skilled of the younger men in his profession. But the company had to discharge him about a week ago. He was promoted to a position of greater responsibility than three months after he had been given his first promotion with the company. That promotion, with an increase of \$5 a week in salary, riled him. He thought himself indispensable to the company. And when a man gets to where he thinks his employers cannot get along without him, he has taken the first step toward discharge.

This young man, after he was promoted, became autocratic. He told his fellows how to do their work. He criticized them for the way they did their work. He got to where he thought he knew more about the men who had built up the business and were directing its affairs. Then they had to get rid of him. Moral: Young men who expect to make their way in a trade or a business, must guard against getting too exalted an opinion of their importance. There is not an employer anywhere that cannot get along without any one of his employees. He might be inconvenienced for a time by his loss, but there is always someone ready to take the place of the man a little higher up. There is a big demand everywhere for ability, with no business has any patience with conceited men who try to exploit their brains and powers before their fellows. No young man who hopes to advance in his profession can be too careful to refrain from assuming an air of self-importance. Really big men, after all, are the most unassuming.

THE POOR BOY'S COUNTRY. From the Milwaukee Journal. When Henry Ford was 17, he earned \$3 a week. When he was 22, he owned 250 acres of automobile manufacturing plant, with 60 machines operating in a single room and every one of his 2000 employees receiving more each day than he had earned in an entire week 20 years before. And yet some say there is no chance for a poor boy in America. The United States is the poor man's country. If any fellow says little, it is his own fault. For him who can give his fellow a lift, it is his own fault that he has never had before, even though it be only a Ford automobile, a pile, riches and fame are waiting.

Royal Baking Powder saves eggs in baking

In many recipes only half as many eggs are required, in some none at all, if an additional quantity of Royal Baking Powder is used, about a teaspoon, in place of each egg omitted.

Try the following recipes which also conserve white flour as urged by the government.

Corn Meal Griddle Cakes

1 1/2 cups corn meal
1 1/2 cups boiling water
1/2 cup milk
1 tablespoon shortening
1 tablespoon molasses
1/2 cup flour
1/2 teaspoon salt
4 teaspoons Royal Baking Powder

NO EGGS

Soak corn meal in bowl with boiling water; add milk, melted shortening and molasses; add flour, salt and baking powder which have been sifted together; mix well. Bake on hot greased griddle until brown. (The Old Method called for 2 eggs)

Eggless, Milkless, Butterless Cake

1 cup brown sugar
1/4 cup water
1/2 cup seeded raisins
2 ounces citron, cut fine
1/2 cup shortening
5 teaspoons Royal Baking Powder

1/2 teaspoon salt
1/2 teaspoon nutmeg
1 teaspoon cinnamon
1 cup flour
1 cup rye flour

Boil sugar, water, fruit, shortening, salt and spices together in saucepan 5 minutes. When cool, add flour and baking powder which have been sifted together. Mix well; bake in loaf pan in moderate oven about 45 minutes. (The Old Method [Fruit Cake] called for 2 eggs)

Send for our new booklet "55 Ways to Save Eggs." Mailed free on request. Address Royal Baking Powder Co., Dept. W., 135 William Street, New York

She Did Her "Bit."

There are many ways for one to do his bit, but a young woman, riding on the hurricane deck of a Fifth avenue bus, discovered a new way, relates the New York Times. The bus was just about to go under the elevated structure, which is only a few feet above the heads of those seated on its top, when a young man in khaki jumped to his feet to join a woman friend in a seat that had just been vacated. The conductor sprang forward to grasp the soldier, but a young woman seated nearby was quicker. "Sit down," she commanded sharply, at the same time jerking the arm of Sammy. The khaki-clad young man lost his balance and the next moment he was sent—in the young woman's lap. The girl blushed a bright pink, and the soldier apologized, and everybody smiled. "I don't care," said the young woman to her friend. "I feel that I have done my bit in saving that soldier's head from being battered by the low bridge."

Same Old Prices.

The voice of an anxious woman called the city clerk's office on the telephone the other day, relates the Indianapolis News. "Is this the marriage parlor?" she asked. When told there were no marriage parlors connected with the office, she said she was anxious to get some information about the "price of marriage." "I heard some talk about the price of marriage going up and I wanted to know if they had a standard price during the war," she explained. She gave a sigh of relief when informed that the price of marriage licenses had not been increased, and that most justices of the peace and ministers still relied on the generosity of the bridegroom for their compensation for performing the ceremony.

"Made in Germany."

A case of silver and bronze medals, made in Germany, are now at the British museum, and replicas can be seen at the Victoria and Albert, writes a correspondent. One of the most important celebrates Zepplin raids on London, with a portrait of the late count on one side and on the other an imaginative design of a Zepp about to alight on Tower bridge, with fires and explosions in perspective. There is a profile of the crown prince on a specially big medal, with the young Siegfried on the reverse, the latter killing a dragon with four heads—the lion for Belgium, the cock for France, the bear for Russia and the unicorn for England.

Housekeepers Can Save \$200,000,000 on Food

In these days when the high cost of living pinches nearly every home, no waste should be overlooked. One of the most flagrant and the most easily prevented, is the destruction of food by rats. One rat will often do a hundred dollars' damage of food and more; also effective against cockroaches and waterbugs. Adv.

GREEN'S AUGUST FLOWER

has been a household panacea all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming of up food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

New Fishhook.

A recently invented fishhook is so weighted that should it fall to the bottom of a stream the point of the hook and the bait are held up within reach of a fish. For genuine comfort and lasting pleasure use Red Cross Ball Blue on wash day. All good grocers. Adv.

Deck Does Not Sink.

A British patent has been granted for a ship so constructed that, in event of wreck, the hull would sink and the decks float away with the passengers. To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Bald Men, Don't Read This!

Glady's—Who was the old gentleman who took you to dinner, Violet?
Violet—An old bachelor friend of papa's. He was delightful.
Glady's—I shouldn't think you would find a bald-headed old bachelor a very delightful companion at dinner.
Violet—Oh, but he was—he attracted all the fish.

An Iowa Case

Mrs. J. Light, 519 "Every Picture Tells a Story" W. Fourth Ave., Cresco, Iowa, says: "I suffered from rheumatic pains in my back and lower limbs. My kidneys acted too often and caused me much annoyance. They didn't act freely enough and my limbs and feet swelled so I couldn't get on my shoes. I got so I couldn't get around I was so dreadfully weak and miserable. I had headaches, too. Don's Kidney Pills regulated my kidneys so the swellings went down and the pains and aches left me." Get Don's at Any Store, 60c a Box. DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

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 ISHELL, 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.