

### Told by Herself. Her Sincerity Should Convince Others.

Christopher, Ill.—"For four years l suffered from irregularities, weakness, nervousness, and



vous, am regular, and in excellent health. I believe the Compound will cure any female trouble."-Mrs. ALICE HELLER, Christopher, Ill.

Nervousness is often a symptom of weakness or some functional derange-ment, which may be overcome by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, as thousands of women have found by experience.

If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.

Stamps Replace Pennies in Stores. view of the increasing shortage of pennies, a movement to give posttge stamps as change has been inugurated in Minneapolis department stores. Several stores reported that they had started such a plan and that t was working successfully." Shortage of pennies in the Northwest has be come so acute that bankers in small. towns have declared an embargo or coppers, according to Minneapolis bankers. Repeated pleas to the subtreasury in Chicago have been made by local banks, but their requests for pennies have met with little or no response .--- Minneapolis Tribune.

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 Cart H. Flitchert. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

### A Girl's Denial.

"Mary, Johnny tells me that when he went into the dining room last night he saw Mr. Bliff with his arms round your waist."

"What a story, mamma! Why, the gas was out."

### Comfort Baby's Skin

1.10 When red, rough and itching with hot baths of Cuticura Soap and touches of Cuticura Ointment. This means sleep for baby and rest for mother. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail. Seap 25, Ointment 25 and 50 .- Adv.

## SANITATION IN HOMES.

Certain cities are very badly over-built and in consequence of that a bad housing situation is created. Some one has estimated that there are 30,000 va-cant habitations in Chicago. Many cities that have not considered them-selves overbuilt will find a surplus of homes on their hands as the result of the creation of an army of 2,000,000 and

The owners of unoccupied residence property naturally try to make some use of it. The resultant shift in type of population and shift in use creates sanitary conditions that make against health. Whenever a residence property built on one basis of use is changed to another sanitary standards suffer. Old single family residences made over into single family residences made over into use by several families doing light housekeeping always means inadequate toilet facilities, inadequate plumbing in kitchens, laundries and bath rooms, dark bedrooms, and other conditions that make against health. Large flats cut up into smaller ones or several flats thrown together for a boarding place mean the same thing.

mean the same thing. Residences or apartments built over so as to provide for business on the first floor with the extensions to the street line and often with extensions to the alley line almost inevitably sun-less rooms and airless space. The requests for permits to make over unprofitable buildings is the bane of the existence of every health officer who knows how insidently bad houses

who knows how insidiously bad houses elevate sickness rates.

Another almost national problem is the house famine situation in certain cities. In Flint, Akron, Detroit and Bridgeport house famines are said to prevail. The unnaturally rapid development of certain industries in these cities has caused such influxes of population that healthy housing is impos-sible. Men have had to camp out in tents and in all sorts of makeshift structures. It cannot be expected that the health authorities of these cities

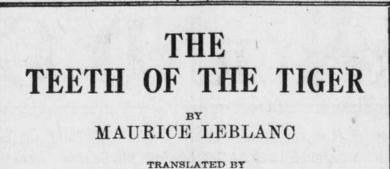
shall keep the sickness rates down. A development of the same class is the car bunk house. The Chicago health department reports finding 200 car bunk houses in that city where, let us not forget, there are said to be 30,000 vacant habitations. A car bunk house is a freight car set on a sidetrack. In its walls a few small windows are cut. The bunks are arranged in tiers along the walls of the freight car. Heat is furnished by a small stove. The Chi-cago health department found one car cago health department found one car bunk house with a sleeping porch at-tachment. The men had built a small two-decked sleeping porch on one side of the car. This was long and broad enough to accommodate a bed for one man on the lower bed level. On the upper bed level sleepers had so ar-ranged their beds that by sleeping crossways of the car their heads and shoulders were in the sleeping porch. The fresh air doctrine has reached one The fresh air doctrine has reached one two-hundredth of Chicago's car bunk population.

When one travels along the railroads, especially in the west and south car bunk houses are frequently observed. In the colder sections the car bodies have been lifted from the trucks, set on the ground, and dirt banked around. It will be noted that the window area of cars in these sections is very small. The railroads say that it has been necessary to import Mexican labor or to transport negroes. This labor they have been forced, or have found it best to house in freight cars. In a few instances at least very definite out-breaks of disease have been definitely traced to people housed in car bunk

Possibly, should the war become still more serious, we may decide to promote efficiency by shifting populations and industry as the English, French and Germans are doing. In this way some of the waste of a surplus of houses in one place and simultaneous house fam-ines in another could be obviated.

### ORIGIN OF RED CROSS.

G. asks: "Will you write about the origin of the Red Cross? We have had the matter up in discussion and I find



ALEXANDER TEIXEIRA DE MATTOS

### CHAPTER I.

D'ARTAGNAN, PORTHOS . . . AND MONTE CRISTO.

It was half past four; M. Desmalions, the prefect of police, was not yet back at the office. His private secretary laid on the desk chief, rang the bell and said to door leading to his own room. the messenger who entered by the

main door: for a number of people to see him turned, spluttering: at 5 o'clock. Here are their names.

rooms, so that they can't communicate with one another, and let me have their cards when they come.'

The messenger went out. The secretary was turning toward the But he was seized with an attack small door that led to his room, of weakness and sank into a chair, when the main door opened once where he remained for some minmore and admitted a man who utes, moaning helplessly:

stopped and leaned swaying over the back of a chair. "Why, it's you, Verot!" said the secretary. "But what's hap-like the look of this!"

pened? What's the matter?'' Inspector Verot was a very his hand. He took a pencil, drew stout, powerfully built man, with a writing pad toward him and bea big neck and shoulders and a gan to scribble a few characters. florid complexion. He had ob- But he next stammered :

vent

"Why, no, it's not worth while. viously been upset by some violent excitement, for his face, streaked The prefect will be reading my letwith red veins and usually so ter \*\*\* What on earth's the matter with me. I don't like this at apoplectic, seemed almost pale. "Oh, nothing, Monsieur le Sec- all !"

retaire!" he said.

"Yes, yes; you're not looking called out: your usual self. You're gray in "Monsieu your usual self. You're gray in the face \* \* And the way you're got \* \* \* we've got to \* \* \* It's perspiring • • • · · Inspector Verot wiped his forehead and, pulling himself together

fort of his whole will, he made for said : "It's just a little tiredness \* \* " the door of the secretary's room I've been overworking myself late- with little short steps, like an ly; I was very keen on clearing up automaton. But he reeled on the a case which Monsieur Desmalions way-and had to sit down a sechad put in my hands. All the ond time.

same, I have a funny sort of feeling\_\_\_\_'' Will you have a pick-me-up?'

"No, no; I'm more thirsty. "A glass of water?" "No, thank you."

"What then?"

nal. go to the infirmary and ask for a pick-me-up.' The inspector seemed undecided what to do. Once more he wiped

away the perspiration that was trickling down his forehead. Then, drawing himself up, he left the office. When he was gone the secretary slipped the letter into a big a bundle of letters and reports bundle of papers that lay on the which he had annotated for his prefect's desk and went out by the

He had hardly closed it behind him when the other door opened "Monsieur le Prefet has sent once again and the inspector re-

"Monsieur le Secretaire \* \* \* it'd be better if I showed you-" Show them into separate waiting The unfortunate man was as white as a sheet. His teeth were chattering. When he saw that the

secretary was gone, he tried to walk across to his private room.

"What's the matter with me? • • • Have I been poisoned too? \* \* \* Oh, I don't like this; I don't

for tonight. Nothing can pre-

Stiffening himself with an ef-

A mad terror shook him from

The desk stood within reach of

to it."

do you make that out?" Suddenly he rose to his feet and

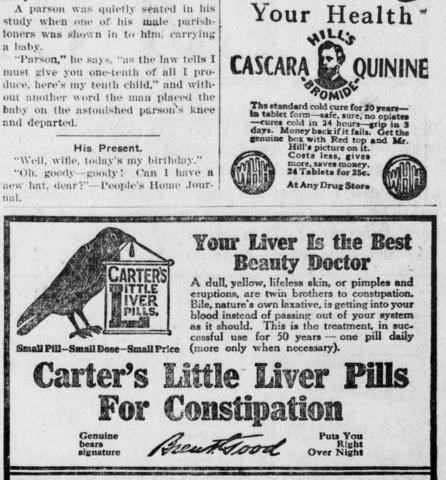
> tions you will see why." "Musketry regulations!" exclaimed

y regulations of all things?"

says: 'Officers and noncommissioned officers should be given occasional opportunities of revising their impressions of the human figure at known listances, and should be encouraged to use small scale maps as a guide in judging.' "-Pearson's Weekly,

head to foot; and he uttered cries Catarrhal Deainess Cannot Be Cured by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarrhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the Blood on the Mucous Surfaces of the System. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed. Deafness is the result. Unless the inflammation can be re-duced and this tube restored to Its noi-mal condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrh, which is an inflamed yondition of the Mucous Surfaces. ONE HUNDRED DOLLARS for any case of Catarrhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE. **Catarrhal Deafness Cannot Be Cured** which were too faint, unfortunately, to be heard. He realized this and looked arounl for a bell, for a gong; but he was no longer able to distinguish anything. A veil of

All Druggists 75c. Circulars free. F. J. Cheney & Co., Toledo, Ohio.



Save Your Cash and

Pallid, Pale, Putty-Faced People Need Carter's Iron Pills

EASILY PROVED HIS POINT TWO KINDS OF WAR JOBS

Soldier Could Show by Official Mus- Not Always Quite Safe to Believe a ketry Regulations That He Was Entitled to Leave.

Strictly According to Law.

Mr. J. J. Hissey, in his book, "The Road to the Inn," tells the following

story :

a baby.

A newly made N. C. O. was desirous of obtaining leave, so when he appeared before his officer to ask for it, the latter asked him his reason for requiring leave. The N. C. O. replied that he wished to see his wife, where-

cannot get leave to do so; you must have a better reason than that." "But," said Tommy, "I am entitled

The officer smiled and said: "How

up paragraph 319 of musketry regula- ,got to stay at home. GOT to-do you

"It's like this, sir," said Tommy. "It

### Inner Requirements.

"Mister, have yer got any ol' duds yer don't want?"

"No; but I've an old automobile you may have."

"Tanks, but I got ernough trouble supplyin' me own innards widout beg-

upon the officer said:

the bewildered officer. "Why musket-

Man Not in Khaki to Be a Slacker.

A youthful volunteer, stationed at one of the great military camps not far from New York, accosted brusquely a civilian carrying a tennis racquet. "Tennis, eh?" he said, scornfully. "Why don't you get a rifle?"

The man with the racquet looked at "I also wish to see my wife, but I him thoughtfully, without anger. "I don't blame you for being a bit cocky," he replied at last., "If I were in your place I'd be the same way. How would you like to be staying at home? I have a wife and two little boys and a mother and a sister-and my two "Well," said Tommy, "if you turn brothers have gone to France. I've get that?"

# **RECIPE FOR GRAY HAIR.**

To half pint of water add 1 oz. Bay, Rum, a small box of Barbo Compound, and ¼ oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

### Lucrative.

"Papa, why are they always digging up New York?"

"Because there's money in it."-Life.

# To Cure a Cold in One Day Take LAXATIVE BROMO Quinine Tablets. It stops the Comph and Headache and works off the Cold a. W. GROVE Signature on each box. SUC.

In the game of life a good deal depends on a good deal.



### DEFEAT BACKACHE AND KIDNEY

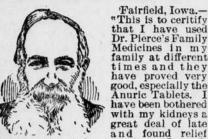
### TROUBLE WITH ANURIC.

Many people in this section, as elsewhere, have suffered from rheumatism and kidney trouble and have found Anuric to be the most successful remedy to overcome these painful and danger ous ailments.

ous animents. The lucky people are those who have suffered, but who are now well because they heeded Nature's warning signal in the to correct their trouble with that wonderful new discovery of Dr. Pierce's called An-u-ric. You should promptly heed these warnings, some of which are dizzy spells, backache, irregularity of the wrine or the painful twinges of rhouse. wrine or the painful twinges of rheuma-tism, sciatica or lumbago. To delay may make possible the dangerous forms of kidney disease disease, such as diabetes or stone

To' overcome these distressing condi-tions you should take plenty of exercise in the open air, avoid a heavy meat diet. frink freely of water and at each meal take Dr. Pierce's Anuric Tablets (double strength). You will, in a short time, find that you are one of the firm indorsers of Anuric as are many of your neighbors Anuric, as are many of your neighbors.

You can obtain a trial package of Anuric by sending 10 cents to Dr. V. M. Pierce, Invalids' Hotel, Buffalo, N. Y.



from the use of this medicine."-JOHN J. **GINTHER.** Route 2.

Send a sample of your water to Doctor Pierce and it will be tested free of charge.

### IRRITATING COUGHS Promptly treat coughs, colds, hoarseness, bronchitis and similar infiamed and irritated onditions of the throat with a tested remedy-



that few of us know and those who think they know are very much divided. Will you set us right?

Reply—In 1862 Dunant, of Geneva, Switzerland, wrote a book in which he described the sufferings of a wounded soldier with such vividness that an in-formal conference of the representa-tives of various nations was held in Geneva in 1863. In 1864 a formal con-ference of various strong civilized nations was held in Geneva upon the in-vitation of the Swiss government. This convention adopted certain rules and regulations for the more humane care of the sick and wounded in warfare. This is the origin of the Red Cross. In a certain sense the foundation was laid by Larray, who with the support of Napoleon organized the medical corps of the French army on a basis of efficiency and humanity never before attained In the civil war, 1861 to 1865, Letter-

man completed the organization of the relief forces on lines much more efficient and much more humane than those of Larray. But the United States government falled to give immediate support to Letterman and his plans. Our government also refused to sign the articles of the Geneva convention. These and allied shortcomings were responsible for the interest of a former school teacher and later employe of the

patent office, Clara Barton, During the civil war and for several years thereafter Clara Barton did on a small scale just what the American Red Cross is now doing. Exhausted by her labors, she went to Geneva for her health in 1869. There she met and came into cooperation with the international committee of the Red Cross. She worked in cooperation with them in ex-tending relief in the Franco-Prussian war of 1871. In 1883 she returned to the United

States and organized the American Red Cross and began an agitation to have the United States ratify the resolutions of the Geneva convention. She re-mained president of the American Red Cross until 1904.

The organization has gradually increased its scope, its field and its ma-chinery for rendering help until now it is reaching out over a good part of the world and rendering help to civilian populations in scores of ways as well as discharging its better known re-sponsibilities in connection with mili sponsibilities in connection with military forces.

### Cautioned.

From the London Opinion. Young Mistress-Your master thinks cook ought to boll our drinking water. Tell her to start today. Maki-Yes'm. Young Mistress-And tell her to be sure not to burn it. deal of late

His Generosity. From the Toronto Globe. A "Tommy," lying in a hospital, had beside him a watch of curious and for-eign design. The attending doctor was interested

Where did your watch come from?' he asked.

he asked. "A German give it me," he answered. "A little plqued, the doctor inquired how the foe had come to convey this token of esteem and affection. "'E 'ad to," was the laconic reply.

Little minds are tamed and subdued by misfortune, but great minds rize above it-Washington Irving.

"I should like-I should like-" darkness seemed to weigh upon his His voice faltered. He wore a eyes

troubled look, as if he had sud-Then he dropped on his knees denly lost his power of getting out and crawled to the wall, beating another word. But he recovered the air with one hand, like a blind himself with an effort and asked: man, until he ended by touching "Isn't Monsieur Desmalions some woodwork. It was the parhere?" tition wall.

"No; he won't be back till 5,

ing." "Yes • • • I know • • • most brain showed him a false picture of the room, so that, instead of important. That's what I'm here turning to the left as he should for. But I should have liked to have done, he followed the wall to see him first. I should so much the right, behind a screen which have liked to see him!" concealed a third door.

The secretary stared at Verot and said:

"What a state you're in! Is open it. He gasped, "Help! your message so urgent as all Help!" and fell at his full length that?" in a sort of cupboard or closet

"It's very urgent, indeed. It has which the prefect of police used as to do with a crime that took place a dressing room.

a month ago, to the day. And, "Tonight!" he moaned, believabove all, it's a matter of preventing that he was making himself ing two murders which are the heard and that he was in the secoutcome of that other crime and retary's room. "Tonight! The which are to be committed tonight. job is fixed for tonight ! You'll see Yes, tonight, inevitably, unless we \*\*\* The mark of the teeth ! \*\*\* Yes, tonight, inevitably, unless we It's awful! \* \* \* Oh, the pain I'm take the necessary steps.' in ! \* \* \* It's the poison ! Save me!

"Sit down, Verot, won't you?" "You see, the whole thing has Help!" been planned in such an infernal manner! You would never have imagined-

"Still, Verot, as you know about it beforehand, and as Monsieur le Prefect is sure to give you full army powers-

"Yes, of course, of course. But, all the same, it's terrible to think school were a disgrace, brought about a famine in doctors that still continues. The that I might miss him. So I wrote third year medical students for 1919 are him this letter, telling him all I know about the business. I thought it safer." He handed the secretary a large

He handed the secretary a large yellow envelope and added:

"And here's a little box as well; I'll leave it on this table. It contains something that will serve to that practical and common sense relief complete and explain the contents

"But why don't you keep all for the military service and for civilian life as well. The situation recalls, with its absurdities, the famous paradox

"I'm afraid to. They're watching me. They're trying to get rid of me. I can't be easy in my mind parently many bureaucrats who belong to until some one besides myself knows the secret.'

"Have no fear, Verot. Monsieur le Prefet is bound to be back constantly increasing its teak forests, which now cover more than 1,480,000 soon. Meanwhile, I advise you to acres.

He crept along this; but, as ill when he has an important meet- luck would have it, his bewildered brain showed him a false picture

Nothing But Trouble. "There is no occasion for you to envy me," said the prosperous per-"I have as many troubles as 5011. you.

(Continued Next Week.)

England and the Doctors

From the Philadelphia Ledger.

'cui bono," not the "pro bono publico

By systematic reforestration Java is

school.

"I s'pose ye have, mister," admitted His fingers touched the handle Dismal Dawson, "but the difficulty of this door, and he managed to with me is that I ain't got anything else.'

> Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative, three for a cathartic. Ad.

It's love that makes the postman go around with a lot of silly letters.

Millions of particular women now use and recommend Red Cross Ball Blue. All grocers. Adv.

Sloth makes all things difficult, but industry all easy.

Men are what their mothers made them.



Write for literature and particulary as to reduced railway rates to Supt. Immigration, Otta-Canada, or 10

M. J. Johnston, Crower 107, Weberbown, S. D., W. V. Bennett, Ason 6, Lee Suiding, Chanas, Seb., and R. A. Garrett, 311 Jackson Street, St. Paul, Spire Canadian Government Agents

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gin' gasoline from door to door. Boston Transcript.

The man who compliments ninewomen on their looks and one on her cleverness makes only one mistake.

Piles Cured in 6 to 14 Days Drugsists refund money if PAZO OINTMENT fails to cure itching, Blind, Bleeding or Protruding Piles. First application gives relief. 50c.

Some people are saddest when they sing and there's a reason why.

He that lives upon hope will die fasting.

Watch Your Calves At the first man cholera give them Dr. David Roberts' Damedy Calf Cholera Remedy Stool For scours in cattle, horses and h Used and recommended by th sands of dairymen and store Read the Practicel Home Veteringrian Send for free booklet on Aberlion in Gern If no dealer in your town, write Dr. David Roberts' Vet. Co., 100 Grand Avenue, Waukesha, Wia



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