

A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

ANOTHER PROBLEM TO SOLVE

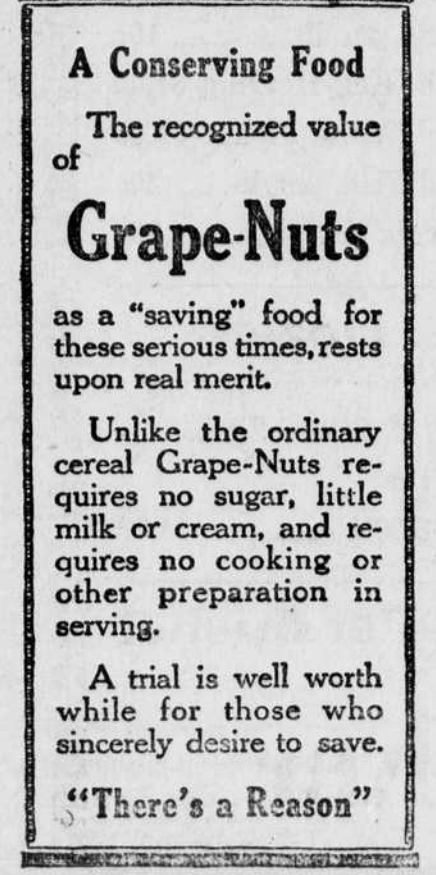
Little Matter of "Scientific Training" of Modern Child That Seems to Call for Consideration.

The parent who wishes to train his children according to the "scientific method" has his troubles. Witness this letter, published in the Survey: "I write to see if any of your readers can help me out in the matter of finding some book or pamphlet that will tell me the logical and scientific order in which to teach my two little girls, aged eight and six, the indoor games of lotto, parchesi, checkers, backgammon, halma, chess and the like, such as authors and the different card games. Which should come first, checkers or parchesi? Any information will be welcome." As the problem is not solved by the editor of the Survey, suggestions seem to be in order. Why not let the children start with bridge and chess and gradually work up to the point where they can appreciate lotto, halma and tiddledywinks?—From the Outlook.

Speaking of Lodges.
"Skuse me, boss, but would you mind 'vancin' me a dollar to jize de lodge dis evenin'?"
"I guess so, Uncle Jake. But seems to me you're always joinin' lodges. What's the name of this particular lodge?"
"Please, suh, it am de Sublime Defenders ob de Royal Purple Secret ob de Ancient and Honorable Order ob de Constellations of Epicurus."
"Ge whizz—it only costs a dollar to join such a mighty lodge as that?"
"Suttinly, boss. Dat ain't nuffin. You oughta see what I could jize fo' a dollar and a half or two dollars."—Florida Times-Union.

The Usual Way.
"Judge, I'd like to tell you a joke about Mike and Pat," remarked the lawyer. "It seems Mike was visiting Pat and Pat said to Mike—no, I'm wrong there—Mike said to Pat—"
"Let's get it straight," interrupted the judge. "Mike is the party of the first part and Pat is the party of the second part. Now go ahead."—Louisville Courier-Journal.

Men of imposing stature often have thin ideas.



A Conserving Food
The recognized value of **Grape-Nuts** as a "saving" food for these serious times, rests upon real merit.

Unlike the ordinary cereal Grape-Nuts requires no sugar, little milk or cream, and requires no cooking or other preparation in serving.

A trial is well worth while for those who sincerely desire to save.

"There's a Reason"

Government Cuts Retail Price Of Hard Coal to Domestic Users

Rules and Regulations Governing Distribution For This Year Issued by Fuel Administrator—Plan To Encourage Early Buying.

Washington, D. C., (Special)—An average reduction of 30 cents a ton in the retail price of all anthracite coal sold for domestic use between next April 1 and September 1 was announced last night by the fuel administration, together with regulations governing the retail distribution of all coal for the year beginning the first of next month. The rules are designed particularly to prevent hoarding and insure the filling of all domestic needs for next winter during the summer months.

Although no reduction in the retail price of bituminous coal to consumers was made, the fuel administration today began announcement of revised prices for such coal at the mines, the first made public showing sharp reductions in Colorado, Utah, Wyoming and Montana. Prices for Iowa are almost completed and those for other states will be announced as soon as determined. The idea is for a general revision before the beginning of the coal year on April 1.

To Encourage Buying.
In explaining the reduction in the price of anthracite, the administration said the bulk of this coal is used for domestic consumption. The 30 cents reduction was determined upon, the statement said, in lieu of the reductions heretofore voluntarily offered by dealers to encourage early buying for the following winter's needs and which ranged from 50 cents in April to 10 cents in August.

As a further safeguard at the discretion of the local fuel administrators, each customer ordering coal may be required to submit a certified statement giving details of his requirements, his supply on hand and the amount he has ordered from various dealers. Certification of a false statement would be made subject to prosecution under the Lever act, which imposes a fine of \$5,000 or two years' imprisonment.

The regulations are as follows:
(A)—Until further notice, no domestic consumer of coal or purchaser shall purchase or otherwise take possession of more coal or coke than is required for his actual and necessary requirements prior to March 31, 1918. If such consumer

British Friendship Groups.

Winston Churchill, in Scribner's.

The French are lovable, and worthy of all the sympathy and affection we can give them. But Britain is still nominally a monarchy, and our patriot thinks of its people very much as the cowboy used to regard citizens of New York. They all lived on Fifth avenue. For the cowboy, the residents of the dreary side streets simply did not exist. We have been wont to think of all the British as aristocrats, while they have returned the compliment by visualizing all Americans as plutocrats—despite the fact that one-tenth of our population is said to own nine-tenths of all our wealth!

But the war will change that, is already changing it. We have been soaked in the same common law, literature and traditions of liberty—or of chaos, as one likes. Whether we all be of British origin or not, it is the mind that makes the true patriot; and there is no American so dead as not to feel a thrill when he first sets foot on British soil. Our school teachers felt it when they began to travel some 20 years ago, and the thousands of our soldiers who pass through on their way to France are feeling it today, and writing home about it. Our soldiers and sailors are being cared for and entertained in England just as they would be cared for and entertained at home. So are their officers.

Not long ago one of the finest town houses in London was donated by the owner for an American officers' club, the funds were raised by contributions from British officers, and the club was inaugurated by the king and queen—and Admiral Sims. Hospitality and good will have gone much farther than this.

AVIATORS' EQUILIBRIUM TESTS.
Baranay, a Hungarian ear specialist, worked out the methods of testing the sense of equilibrium employed in the selection of aviators. Baranay was captured early in the war, and when the Nobel prize was awarded him they had to dig him out of a Siberian prison camp to confer the honor on him.
His methods were given to the world freely several years before the war, and as we now use them they consist more of American improvements than of the original. Nevertheless the honor of working out the idea belongs to the Hungarian scientist.
In the innermost part of the ear there are semicircular canals filled with fluid and lined with fine hairs. These hairs connect with nerves which run to the brain. When one whirls in one direction 10 or more times the fluid in these canals flows in the direction the body has been turning. This causes two phenomena. In nystagmus the eyes turn slowly in the direction the body was turning. They jerk back with a quick snap and slowly turn again, to be again jerked back with a snap. The slow turning of the eyes is due to the flow of fluid in these canals. The snapping back is due to effort of the will.
The second is vertigo. In vertigo due to turning there is a sense of turning in the direction opposite to that in which the body was turning. When the body turns let us say to the right, a number of times the fluid in the canals finally starts flowing in that direction and then the flow keeps up for a little while after the body has stopped turning. The flow causes the eyes to turn to the right. It sets up a reverse sensation of turning in the opposite direction, which is called vertigo.

If you will twirl a bucket of water to the right you will notice that the water in the bucket will continue to flow to the right after you have stopped twirling the bucket. That depends on the same principle as that of the equilibrium tests given prospective aviators.
The applicant is put in a chair and whirled around 10 times in 20 seconds. Nystagmus should stop in 26 seconds. He is then twirled in the opposite direction 10 times in 20 seconds and his nystagmus timed. He is tested in his ability to touch quickly and accurately with each hand and with both hands after being twirled first 10 times in 20 seconds, then 10 times in 10 seconds.
The flow of the fluids can be set up by douching the ears, irrigating them, with water at 68 degrees Fahrenheit. This acts in the same way as whirling. After the whirling test the men are given the iridation test as a check. The time required for the nystagmus and vertigo to stop is recorded for each ear. The main requirement is that the two ears should react alike.

Dr. Shea, of Memphis, in relating the methods of testing the sense of equilibrium of aviators said: "We do not turn a man down because he is not 100 per cent perfect. We turn him down if there is a disproportion between the two sides. He can have a little imperfection on both sides, but if he has

Swift & Company Publicity

At a recent hearing of the Federal Trade Commission there was introduced correspondence taken from the private files of Swift & Company, which showed that the Company had been considering for some time an educational advertising campaign.

The need for this publicity has been apparent to us for several years. The gross misrepresentation to which we have recently been subjected has convinced us that we should no longer delay in putting before the public the basic facts of our business, relying on the fair-mindedness of the American people.

The feeling against the American packer is based largely on the belief that the income and well-being of the producer and consumer are adversely affected by the packers' operations, resulting in unreasonably large profits.


Swift & Company's net profit is reasonable, and represents an insignificant factor in the cost of living.

For the fiscal year 1917 the total sales and net profit of Swift & Company were as follows:

Sales	\$875,000,000.
Profits	\$34,650,000.

This is equivalent to a \$3,465. profit on a business of \$87,500.

If Swift & Company had made no profit at all, the cattle raiser would have received only one-eighth of a cent per pound more for his cattle, or the consumer would have saved only one-quarter of a cent per pound on dressed beef.



Swift & Company, U. S. A.

Win the War by Preparing the Land Sowing the Seed and Producing Bigger Crops

Work in Joint Effort the Soil of the United States and Canada CO-OPERATIVE FARMING IN MAN POWER NECESSARY TO WIN THE BATTLE FOR LIBERTY

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels

To secure this she must have assistance. She has the land but needs the men. The Government of the United States wants every man who can effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after ours are supplied, we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interests.

Western Canada's help will be required not later than April 5th. Wages to competent help, \$50.00 a month and up, board and lodging.

Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.

For particulars as to routes and places where employment may be had apply to: **U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR**

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 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.

The Reason.
Grace—I don't see why Miss Homely should want to marry him, with all her money.
Gussie—I don't think he'd have taken her without it.

PREPAREDNESS.
Prepare for next washday by taking home Red Cross Ball Blue. Ask any good grocer. Red Cross Ball Blue imparts a clear whiteness; makes you smile when you see the basket of beautiful, snowy white clothes. Red Cross, the blue that's true blue.—Adv.

The leader of the mob must be a lively sprinter to avoid being overtaken.

Cause of It.
Lady Visitor—How did you come to be such a crook, my poor man?
Convict—I wuz crossed in love, lady.—San Francisco Chronicle.

Venezuela has made the use of the metric system compulsory in its courts and public offices.

Minnesota in 1917 produced 50,000,000 bushels of wheat.

A Fair Offer.
The General—It's your turn on the treat.
The Colonel—It would give me more pleasure being in on the re-treat.

A man who sees the keyholes double every time he comes home late has no business with the key to success.

United States is importing 18,000 tons of Chilean nitrates this winter.

How to Make Oatmeal Bread

Healthful to Eat—Saves the Wheat

1 cup flour	1 cup cooked oatmeal or rolled oats
1 1/2 cups corn meal	2 tablespoons shortening
1 teaspoon salt	1 1/2 cups milk
5 teaspoons Royal Baking Powder	No eggs
2 tablespoons sugar	

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

Our new Red, White and Blue booklet, "Best War Time Recipes", containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. W, 135 William St., New York

FOOD WILL WIN THE WAR