

# 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.

**Hay Fever-Catarrh**  
Prompt Relief Guaranteed  
**SCHIFFMANN'S CATARRH BALM**

**Let Cuticura Be Your Beauty Doctor**

All druggists, Soap 25, Ointment 25 & 50, Talcum 25. Sample each free of "Cuticura, Dept. E, Boston."

**PARKER'S HAIR BALSAM**  
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Drugists.

SIoux CITY P.T.G. CO., NO. 34-1918.  
**SURELY MUST HAVE NERVE**

British "Chasing Pilots" Are Required to Do All Sorts of Stunts in the Air.

The ordeals that the "chasing pilots" attached to the aviation corps of the British forces at the front have to undergo before they are considered as proficient in their perilous work are sufficiently trying to test the nerve of the bravest flyer. As an army correspondent of the Philadelphia Public Ledger puts it, the candidate who passes the required course of aerial gymnastics must either be all nerve or possessed of no nerves at all.

At this school, he says, you will see an airplane, thousands of feet aloft, suddenly fling its nose up and begin to climb vertically as if the pilot intended to loop the loop. Suddenly it pauses, and remains for perhaps a full minute poised perpendicularly on its tail. Then, with the engine switched off, it falls helplessly, tail first, spinning giddily round and round in a way that resembles the helpless flutter of a falling leaf. Then suddenly the engine roars again, the twisting, fluttering dead thing becomes instinct with life, rights itself majestically on flashing pinions, swoops down in swift and headlong course, mounts the wind and soars up and up, as light and graceful as any bird.

Other nerve-shattering things they do, these soaring young demigods of the air—feats that seem nothing short of miraculous to the earth-bound ones who stand gazing upward in awe.—Youth's Companion.

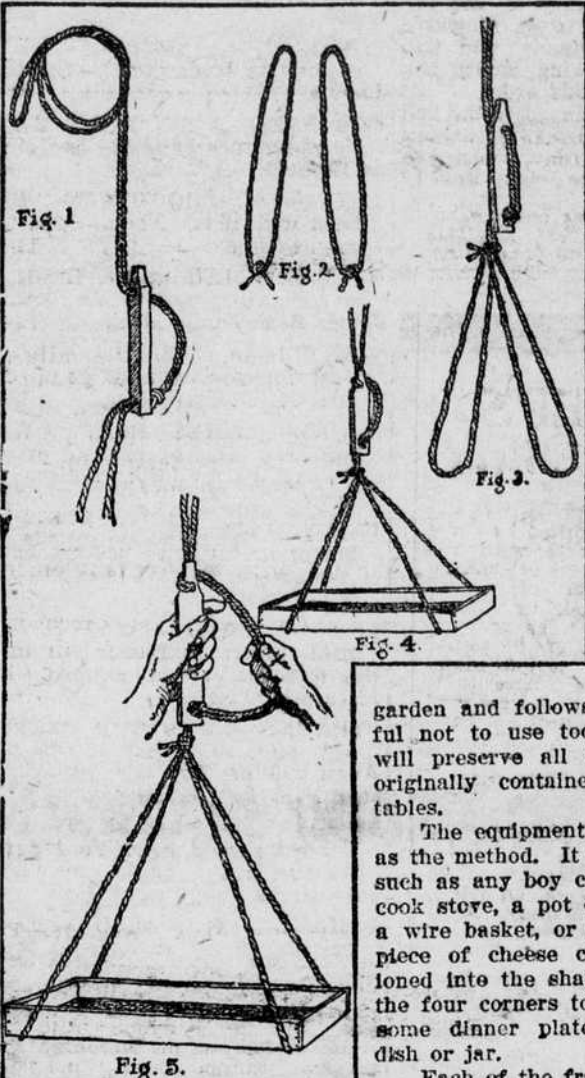
Kindness never made an enemy.

**Children Like**  
the attractive flavor of the healthful cereal drink  
**POSTUM**  
And it's fine for them too, for it contains nothing harmful—only the goodness of wheat and pure molasses.  
POSTUM is now regularly used in place of tea and coffee in many of the best of families.  
Wholesome economical and healthful.  
"There's a Reason"

# SAFETY FARMING

**Dry Vegetables at Home**  
Article No. 1—Necessary Equipment Found in Every Home or Easily Made  
By P. G. HOLDEN

AT NO other time was it so important to dry or can fruit or vegetables in the home as it is this year, as commercially canned products will be hard to obtain. In a special bulletin, "Food Conservation," recently issued by the United States Department of Agriculture, the following statement of greatest interest to every family is made: "We are informed by the U. S. Government that it has contracted for 65 per cent of the output of the canners of the country, and that the Allies will probably take over the other 35 per cent. This information should induce American housewives to preserve vegetables which are plentiful in the summer for winter consumption."



Method of Constructing Rope Harness for Drying Frame.

Double pointed tacks. Get two pieces of small sized rope, or window weight cord, each six feet long. Tie the ends of each piece together, making two loops, each exactly 30 inches long (Fig. 2). Place one loop around one end of the frame, the other loop around the other end (Fig. 4). Bring the upper ends of the loops together and fasten them with a third loop, or double rope, sufficiently long to reach from a few feet above the stove to a firm hook in the ceiling (Figure 3). Near each end of a block of wood, 8 inches long and 1 1/2 inches wide, bore a hole large enough to let the doubled rope pass through easily. Press the end of the upright rope through one hole and shove the block down to the junction of the two loops (Fig. 3). Tie a knot in the upright rope to keep the lower end of the block from slipping up; then pass the double rope through the upper hole in the block (Fig. 1), and place the upper end of the upright loop over the hook in the ceiling.

The purpose of the block of wood is to make it easy to adjust the height of the frame. To raise the frame, pull the rope through the upper hole in the block until the desired height is reached, then fasten the frame in place by looping the "slack" of the rope around the upper end of the block as shown in Figure 5.

Place two loops of rope, each about 20 inches long, around the suspended frame, one loop at each end, and let them hang down. In the lower ends of these loops, place the second frame and suspend the third frame from the second in the same manner.

## TWILIGHT IN THE WOODS

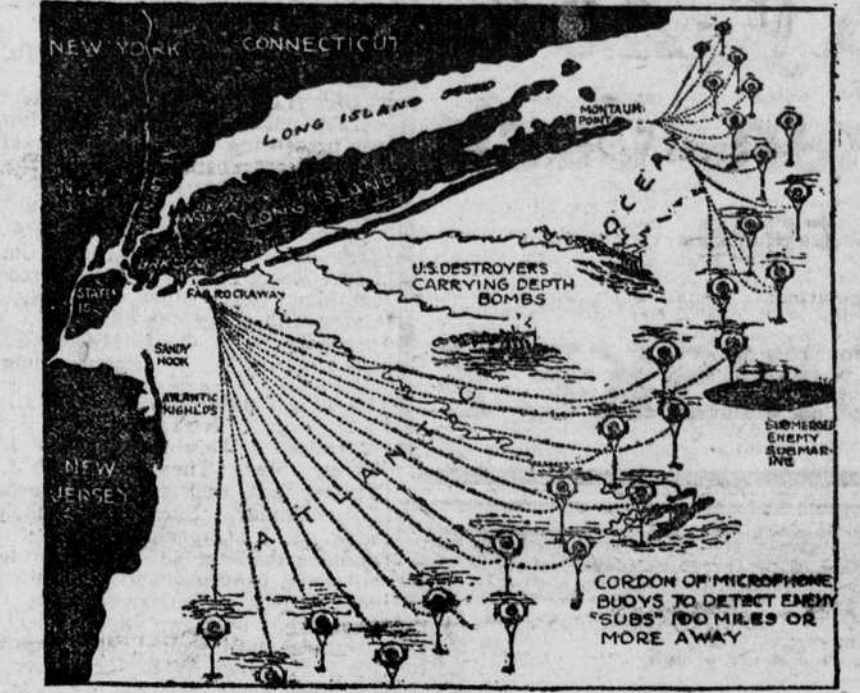
From the London Times.

Going to bed is one thing, getting up is another. There are no doubt, there must be, people who rise with like-like facility, and incontinently break into profuse strains of unpredicated art. There are such people and they are rather hard to live with. But going to bed is a very different matter. To go to bed is, on the face of it, an easy thing, and the pressure of the times is in the direction of making it easier. Hard worked people need a great deal of work, and every one is glad to be hard worked today. This is the day of work, and every one is glad to be hard worked, when the night cometh. Moreover, there is a too long delayed movement on foot to make children go to bed earlier. It is a town movement and fits in with the policy that people who are called educationists have announced the "healthy, wealthy and wise" policy. But, strangely enough, children do not like going to bed; they much prefer falling asleep in their traces, so as not to miss a moment of the gladness of living.

Children in our village, make every possible excuse for not going to bed. In the big houses they are, they say, afraid to go to bed; afraid of bogies, who glide across magic casements or slide down macabrous moonbeams; afraid of the fox who his three quick noises in the neighboring woods; afraid of the owls who cry; afraid (to think of it!) of the nightgales who sing of lost love and irretrievable fate. But they are not really afraid; they want to be up and seeing and listening and doing. The cottage children achieve more, for what the manor house children long for. They know something at first hand of the mysteries—mysteries of sunset and moonrise, half light and moonlight, starlight and firelight and no light, mysteries of glade and woodland and winding, shadowy paths, which all children crave after. Going to bed! It is only mortals who go to bed, and children are immortals.

It is right and proper for town children to go to bed early; the streets are no places for them. But in the country the lure of the twilight of clean, cool, flower scented breezes on faces warm with the gathered sunlight of a long June day, is irresistible. The magic of a warm June evening in the woodland paths is such that no child can resist it. The birds do not resist it, though they will arise before the sun. The skylark is singing long before sunrise. Late in the dusk, mysteriously flitting, a grey shadow in a moon-grey copse, a cuckoo calls. His note dominates the evening; he calls of a magician who bids the bed-laden oafs and gnomes come out from their shelters and dance on a turf in a green glade. And, behold, they come. Shadowy, tiny figures are dancing, shrill little voices are calling, calling,

# MICROPHONES TO WARN NEW YORK OF SUBS.



Chain of Microphones Suggested for New York Harbor.

A project for throwing about New York harbor a deadline for submarines is outlined by H. Gernsbach in the Electrical Experimenter. The illustration shows how a chain of submerged microphones connected with a central switchboard is suggested, to listen for the sound of the whirring submarine propellers. Upon the receipt of a warning signal, destroyers are dispatched to the indicated vicinity and the submarine hunted down.

# Taxes and the Bond Issue.

From the New York World.

The House ways and means committee is beginning work on a war revenue bill to raise \$8,000,000,000 from taxes this year, instead of the \$4,000,000,000 raised last year. It expects to have the bill ready by late in August, while the treasury department is planning a big loan drive for late September.

The president has urged early action on the tax bill for the reason that business men should know where they stand as soon as possible. It is quite as important that the people generally should know where they stand in relation to taxes in order that they may know what they can do in subscribing for the new Liberty bonds.

This will not matter so much with those whose incomes have been favorably affected by war conditions or by that species of inflation which is reflected in a more or less arbitrary and very high and fictitious state of prices and valuations of property. But it will matter greatly to the so-called salaried class, who have been a large support of previous bond issues, but whose nominal incomes have not advanced and whose real incomes or wages have been falling steadily under rising prices and necessary costs of living.

There is nothing elastic in these incomes. It is all the other way. It is a case of being caught between an immovable body on one side and an irresistibly constricting force moving from the other side. It will be a case not of willingness to continue buying bonds, but of an honest inability to do anything of the kind.

The tax revenues are to be doubled. It is important not only that congress keep in mind this forthcoming bond issue in its distribution of the doubled tax burdens, but that this class of income earners as well as all others be informed beforehand of just where they stand in relation thereto.

## BRIGANDS AND CONQUERORS.

From the Columbus (Ohio) Dispatch.

It is an old, old story, but it is applicable today when considering a certain emperor and the doing of his troops in stricken Russia. It will not, therefore, do any harm to again relate it.

Once there was a Thracian pirate named Dionides, who had been ravishing the seas in the days of Alexander. He was finally rounded up and taken before the mighty conqueror for sentence. Alexander said to him something like this: "You contemptible brigand, how dare you infest the seas with your misdoings?"

But it didn't frighten Dionides. The pirate simply grinned as he replied: "And you! By what right do you ravish the universe? Just because I have but one ship I am called a brigand; but, having a whole fleet at your command, you are called a conqueror!"

It is recorded that Alexander saw the point and released the pirate. But the moral is that if one man were to go into the Ukraine and rob the people, he would be called a robber or brigand or something else despicable. But here we have the German emperor throwing thousands of men into the region and taking everything they can carry off and murdering the people who refuse to give up their property to them, and it is called warfare.

## War, As Usual.

Chester M. Wright, in the New York Tribune.

Big pictures are made of little sweeps and daubs of paint. Big, wide mind impressions sometimes are made up of little lottings and flashings of men and things. The war "over there" is really a collection of experiences through which millions of men and women are going in various ways. It is made up of howlers and food shortage, of trenches and hospitals, of women who say "goodby" to their men with a smile on their faces, and of men who go bravely into hellfire over leaving earth-of these and many other things is this war made up. It is made up of English girls working in big munition plants where they wear rubber shoes to keep from blowing themselves up, of engineers who pull long trains of wounded into a big London railroad station, of brave men who go up over that same city to fight off murderous raiders of aursus who care for men who may live and who may die and of silent folk who go without the food they used to know about, uncomplaining and resolute. And it is made up of a thousand other things, some of which don't look as if they had any relation to war. Here are some little flashes at just a few of the things that we saw while we (members of the American Federation of Labor mission to Great Britain and France) went through Britain and France—a tour lasting five weeks, in which we saw and saw until our eyes ached with seeing and our minds balked at taking in any more of the multitude of strange impressions:

The war is as near to New York as it comes. Sand with dust in it. If it were you would see something like this:

The lions that flank the public library entrance would be covered with sandbags. The statue of Liberty would be a visible symbol of meditation and wish. You would see a yellow pile of iron, steel, copper, tin and lead. You would see a blue and white of the sea.

## Day and Night Service.

To the end of 1915.....550,000  
In the year 1917.....500,000

# AMERICAN WAS DOVE

Made Airplane Flight of 200 Miles and Prevented Another War.

London, (by mail)—An American's flight by airplane 200 miles from Jassy to Odessa was the means of bringing about peace between the Bolshevists and the Rumanians last March.

The American "peace dove," as the Rumanians called him after his daring flight, was Colonel Joseph Boyle, Colonel Boyle, who was formerly in the Canadian army on the west front, was sent to Russia as the representative of the committee of the American Engineers in London and spent several months in Rumania and south Russia. The story of his secret airplane trip is now told for the first time.

Colonel Boyle was one of the few foreigners in Russia who had the confidence and close friendship of the extremist Russian parties from the beginning of the revolutionary period. He was known among the bolshevists as a man of action, honest and fearless and anxious to extend them a helping hand in every work of reconstruction. On his journeys around Russia he was never interfered with or challenged. He carried personal letters and credentials from Lenin, Trotsky and a host of lesser leaders and could obtain almost anything he wanted from the local or provincial Soviets. He was accompanied everywhere by a staff of three Russian officers who spoke English fluently and who displayed great personal loyalty to Colonel Boyle.

During the latter part of February the situation between the bolshevists and Rumanians became very serious. War had even been declared on Russia by the bolshevik government, owing to misunderstandings about the status of certain Russian troops in Rumanian territory and Rumanian troops in Bessarabia. Active hostilities, however, had been generally avoided, and both sides were presumably anxious to reach an amicable understanding.

But communication between Odessa and Jassy was in a state of disorganization which made the telegraphs and the mails useless. Every attempt at negotiations between the Rumanians and the bolsheviks at Odessa was blocked or brought to naught by intriguers or mischief-makers. It began to look as if things were going to drift straight into bloodshed on a large scale.

It was at this point that Colonel Boyle, who had been trying to alleviate the food shortage in Rumania, arranged a meeting of unofficial representatives of both sides on the Rumanian frontier and succeeded in putting through an agreement between these representatives. The Rumanian government was ready to approve the decision of these informal plenipotentiaries, but how was formal confirmation or even favorable consideration, to be obtained from the bolshevik side?

The bolshevik "delegates" were without credentials or authority, and they felt if their country was put before the authorities in Odessa their course of action would be approved. Travel between Jassy and Odessa had been impossible for several weeks owing to the tearing up of the railway line in Bender and the wrecking of several bridges. It was at this point that Colonel Boyle volunteered to be the bearer of the olive branch, to carry the peace proposals to Odessa with the least possible delay by means of an airplane which he had already persuaded the Rumanian authorities to put at his disposal, and to be flown westward by his own personal influence with the bolshevik leaders in Odessa to secure their approval.

Speedy action was necessary, for it was known that orders had already been given to the bolshevik troops to begin hostilities, and the moment that the authorities in Odessa their course of action would be approved. Travel between Jassy and Odessa had been impossible for several weeks owing to the tearing up of the railway line in Bender and the wrecking of several bridges. It was at this point that Colonel Boyle volunteered to be the bearer of the olive branch, to carry the peace proposals to Odessa with the least possible delay by means of an airplane which he had already persuaded the Rumanian authorities to put at his disposal, and to be flown westward by his own personal influence with the bolshevik leaders in Odessa to secure their approval.

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