

WOMEN OF MIDDLE AGE

Need Help to Pass the Crisis Safely—Proof that Lydia E. Pinkham's Vegetable Compound Can be Relied Upon.

Urbana, Ill.—"During Change of Life, in addition to its annoying symptoms, I had an attack of grippe which lasted all winter and left me in a weakened condition. I felt at times that I would never be well again. I read of Lydia E. Pinkham's Vegetable Compound and what it did for women, passing through the Change of Life, so I told my doctor I would try it. I soon began to gain strength and the annoying symptoms disappeared and your Vegetable Compound has made me a well, strong woman so I do all my own housework. I cannot recommend Lydia E. Pinkham's Vegetable Compound too highly to women passing through the Change of Life."

Mrs. FRANK HENSON, 1316 S. Orchard St., Urbana, Ill.

Women who suffer from nervousness, "heat flashes," backache, headaches and "the blues" should try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

Hay Fever—Catarrh Prompt Relief Guaranteed SCHIFFMANN'S CATARRH BALM

Heal Itching Skins With Cuticura

Send for Descriptive Booklet of Delta Iron Furnace

IN THE PREVICATORS' CLUB

Stories Told That Would Make Baron Munchausen or Ananias Bang Their Heads in Shame.

A Chicago packer was deriding the lack of ingenuity in England as compared with the inventive aptitude of his own countrymen.

"Why," said he, "they tell me a man down in New Orleans has invented a sausage machine. It's a big sort of tool, driven by steam. All you have to do is to drive a pig up a plank, through a hole in the machine, and five minutes later out come thousands of sausages!"

"What becomes of the hide?" queried the solitary Englishman of the audience.

"The hide, sir?" retorted the Chicago man. "Oh, that falls into another slot in the machine and out come Gladstone bags, purses, or, if you like, shoes or saddles—merely a matter of turning a screw."

"Oh, is that all," said the Englishman. "We've used that machine in England for the past thirty years. What's more, we've improved on it. Sometimes we found the sausages were not up to our standard. Well, what happened—all we had to do was to put them back in the machine, reverse the engine—"

"Go on!" cried the American. "What happened?"

"Out walks the pig as fit as a fiddle."

The Slacker's Load. "De biggest load some folks has got fer carry," observed Brother Williams, "is a grip full of excuses fer gettin' out o' doin' de right thing at de right time. Fer instance, ef it's wood cuttin' day, dey ain't got no ax; an' ef dey got a ax, dey ain't no grindstone fer sharpen it; an' ef de grindstone's dar, de well gone dey an' dey's no water to wet it!"—Atlanta Constitution.

Cynical Comment. "Why do they prefer single men to married ones for the army?" "Because they would rather have those who don't know so much about the horrors of war."

Beauty is a thin veil used by some women to hide their imperfections.

POST TOASTIES

Everything a corn food ought to be and saves the wheat



—says Bobby

Every Farm a Factory.

P. G. Holden, in I. H. C. Bulletin.

The opportunity of the town lies in the country. The country can get along without the town, but no town ever has or ever will be permanently prosperous where the land is poor. The town is built on farm profits; on what farmers produce in excess of their home needs. In fact, towns are consumers, not real producers. Towns are the natural evolution and outgrowth of necessity—places to store and distribute the world's surplus products through the channels of commerce. There is but one road to permanent city building—that road leads to the farm. Business is so sympathetic, so sensitive to crop production, that the forecast of a poor wheat or corn crop affects the markets of the world. When the harvest fields smile, towns wax fat, and factories increase the pay roll. Corn, wheat, and hay, beef, pork and poultry—these are the soil builders, the home builders, the builders of great cities.

The old fashioned chamber of commerce, with its cash bonuses and free factory sites, is rapidly passing away. Instead of grabbing business from each other, we must realize that our opportunities lie hidden in the fertility of the soil. Towns and cities are beginning to look to the country, out to the fields of growing corn, wheat, and cotton for their real prosperity. A successful hay campaign will bring factories to the town. Hay means beef and pork, which beckon the packing house and storage plant. More corn means cereal mills, glucose factories, starch factories. Flour mills locate in wheat producing sections. Creameries follow the dairy cow, and the truck patch calls for the canning factory.

Let us have more chambers of commerce and agriculture. Let us create wealth from the opportunities at home, and not subtract it from other communities.

We must not forget that every farm is a factory, and that in every state there are thousands of these factories which need our best thought and effort to make them productive.

Views of German Exiles.

Frank Bohn, in the New York Times.

Being an incurable optimist, I have been among those who, since the beginning of the war, have inclined to exaggerate the importance of the democratic forces in Germany. However, my roseate expectations have recently suffered, in Switzerland, a very severe setback. Every German democratic exile in Switzerland without one single exception, emphasized to me with the greatest clearness that only a decisive defeat of Germany's forces could begin the work of building up a German democracy. I have in mind four men in Switzerland with whom I have been on terms of the most intimate companionship. For evident reasons I shall designate them by letters of the alphabet. A. has been for many years one of the most distinguished leaders in the industrial life in Germany. I had many interesting hours with him alone. We came to the matter of the internal life of Germany from every angle. His conversation may be briefly summarized as follows:

Place absolutely no hope in any party, or in any class, within Germany. There is no considerable group in Germany which understands democracy. A criticism of the government is based entirely on the fact that there is not enough food and clothing. But if the German government can provide her people with the necessities of life as she has in the past, there is no reason why she should not make war for 50 years. The German people are growing accustomed to war losses. Losing the third or fourth year causes less suffering than losing the first. Any suggestion that the war is an evil is met by the answer: "Are we not better off than the others? Are we not fighting upon enemy territory? Have we not won every battle?" Such is war, about Germany. One complete defeat can give her a new beginning.

B. is a profound scholar and a jovial glutton. He has just completed the writing of a stupendous history of philosophy. He tells me that it will give the world a totally new notion of what philosophy really is. This man, possessed of wealth and having married late another family, has enjoyed life after the style of a healthy burger of Munich. "Of course, in Munich," I said to him, "you have at least some of the old South German love of life for its own sake." "You're wrong," said he, "I was the only one in South Germany who loved life for its own sake. That's why I had to leave. There isn't a shred left of the old cultural life of Germany. Poetry is

New Fields of Gold.

From the Minneapolis Tribune.

Kings are gathered again on a field of the cloth of gold. They are lords, not of thrones, but of farms. The field? It is the far reaching expanse of golden grain. These kings are rulers of acres over which peace and quiet brood. No swords clangle by a thread above their heads. No beams of fallen dynasties beset them in the night. They sleep the sleep of the just. They rise and greet the sun each day with consciences clear, with hearts unafraid, with the sense that there is no stain of blood upon their hands, no hidden wrong to answer for to their God. In their retinues on the new field of the cloth of gold are honorable knights of toll—sheep bearers and threshermen. Hard by are their ladies—maids and matrons—in waiting to attend on the knights betwixt the lively lousies of the harvest. What feasts they serve—every gathering at the board a banquet more toothsome, more wholesome, than the regal spreads that were laid for Henry of England and Francis of France on the plain of Guisnes and Arden 400 years ago.

On this field are no silken hangings showing like billions of fine burnished gold; no upholstery in golden tissue; no silks hung with cloths of gold embroidered with pearls; no censers and cruets and candlesticks fashioned chastely in precious metals; no fretted vestments from the looms of Florence; no gowns and robes hung with chains of gold; no walls of man made damask; no jewel bedight mantles or cassocks; no bonnets of velvet in royal purple, gray with plumes and aglow with jewels.

Far lovelier in the setting of the new field than of the old, its canopy is the far flung blue sky. Its gold is the gold of nature, not inert, but rippling as the trout brook or rolling like the seas, catching the splendor of the sun by day and the glory of the moon by night.

Since recorded history began—you, long before, as the secrets of ancient tomes disclose—wheat has been the grain of grains for human food. It is so today used and liked the world over, there is no other cereal to fill its place. Today it is more precious than gold as a factor in human destiny.

Nothing worth while came out of the meeting of kings on the field of the cloth of gold in France in 1639. Something, certainly, worth while, something indispensable to the world's happiness, is coming out of the field of the cloth of gold in America in 1918.

simple process leads for those whose lack of appreciation for the value of accumulated little has been the really restricting factor in their horizons.

The thrift stamp and savings certificate campaign is now in progress and should be encouraged by who want to see the American people sturdy, self-reliant, economically sound and prosperous.

This method of saving and investment has the advantage of being continuous rather than spasmodic. Its educational value in supplementing the appeal of the Liberty loan is of great importance because of the multitude it reaches and the day-by-day influence it exercises upon character.

And these arguments are wholly aside from the impelling and immediate reason for enlisting as a thrifter—it is a way of helping to win the war.

A 74-Year-Old Officer.

From the Outlook.

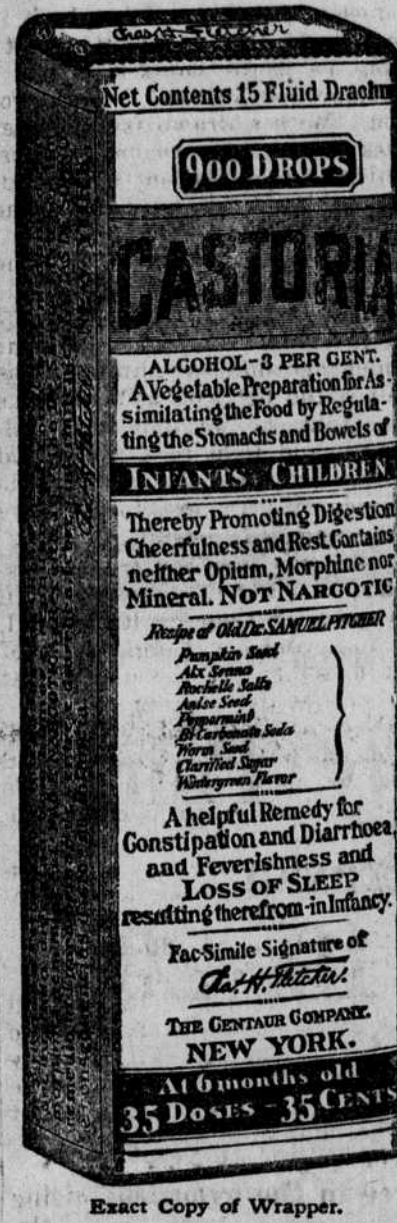
It is said that probably the oldest officer of his rank on the active list in any army is First Lieut. Richard Peters, of Washington, D. C., who is 74 years old and is now with the American expeditionary force overseas. When the army first went to France he served for a time as interpreter attached to General Pershing's headquarters. He was recently commissioned a first lieutenant and assigned to active duty.

Honest Advertising.

THIS is a topic we all hear now-a-days because so many people are inclined to exaggerate. Yet has any physician told you that we claimed unreasonable remedial properties for Fletcher's Castoria? Just ask them. We won't answer it ourselves, we know what the answer will be.

That it has all the virtues to-day that was claimed for it in its early days is to be found in its increased use, the recommendation by prominent physicians, and our assurance that its standard will be maintained.

Imitations are to be found in some stores and only because of the Castoria that Mr. Fletcher created. But it is not the genuine Castoria that Mr. Fletcher Honestly advertised, Honestly placed before the public and from which he Honestly expects to receive his reward.



Children Cry For



Extracts from Letters by Grateful Parents to Chas. H. Fletcher.

Mrs. John W. Derrick, of Lexington, S. C., says: "My children cry for Castoria, I could not do without it."

Mr. and Mrs. J. A. Gaines, of Ripley, Tenn., say: "We enclose our baby's picture hoping it will induce some poor tired mothers to give your Castoria a trial. We have used it since baby was two weeks old."

Mrs. J. G. Parman, of Nashville, Tenn., says: "The perfect health of my baby is due to your Castoria—the first and only medicine he has taken. He is never satisfied with one dose, he always cries for more."

Mr. and Mrs. A. L. Johnson, of Stevens Point, Wis., say: "When our baby was two weeks old he cried so much we did everything for him, then got some Castoria and he is now strong and fat. We would not be without it, and are very thankful to you."

GENUINE CASTORIA ALWAYS BEARS

the Signature of

Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK CITY

WHY SHE COULDN'T SEE HIM

Hubby Didn't Happen Just at the Time to Be in Wife's Line of Vision.

The young lawyer was defending a man accused of burglary, and the woman whose house had been entered was under examination. "Madame," asked he, "what time of night was it when you saw the prisoner in your room?"

"Close to two o'clock in the morning," came the reply.

"Was there a light in the room?" "No."

"Could you see your husband at your side?" "No."

The lawyer frowned impressively and shot a side glance at the jury as he faintly thundered: "Then please, madame, explain how it was you could see the prisoner and yet not see your husband?"

"My husband," was the quiet answer, "was at the club."

State of Ohio, City of Toledo, Lucas County—

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

FRANK J. CHENEY. Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1918.

(Seal) A. W. Gleason, Notary Public, HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. Druggists, 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Self-Abnegation.

There had been a fire in a big block of flats with heavy loss of property and many narrow escapes.

"Were there any acts of conspicuous heroism?" queried the reporter.

"Yes," said one of the victims. "With a self-abnegation never before witnessed in a case of this kind, sir we all turned in and helped to carry out the piano that was on the second floor."—Green Bag.

Heal Baby Rashes

That itchy, burn and torture. A hot Cuticura Soap bath gives instant relief when followed by a gentle application of Cuticura Ointment. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail, Soap 25, Ointment 25 and 50.—Adv.

It's Up to the Farmerettes.

If that old game played by the red ears of corn at huskin' time has died out perhaps the farmerettes will see that it is revived.—Newark News.

Always the Way.

Mount—"How did that movie venture turn out?" Seer—"Oh, as usual, a film-film, instead of a film-film."

SHE GOT WHAT SHE WANTED

Young Irish Girl Resourceful When Unaccustomed Word Had Temporarily Slipped Her Memory.

In his amusing book, "Old Irish Life," Mr. L. M. Caldwell tells a story of a young peasant woman—Sally Sweeney—who used to walk into Galway twice a week to do shopping for her family.

She could neither read nor write, yet she never made a mistake with any of the messages that were entrusted to her.

Once, however, her memory did fail her. One of the ladies of the family had commissioned her to bring back a yard of satin, and the unaccustomed word had slipped out of Sally's recollection.

She did not allow herself to be beaten, however, and made an effort to recall the word; so she went into the principal shop in Galway still thinking hard.

"What is it that ye call the devil?" she asked, "with it's not devil that ye say to him?"

"Is it Satan you would be meaning?" asked the astonished draper.

"The very wan," said Sally, delightedly; "an' ye'll give me a yard."

Some Exceptions.

Secretary McAdoo, in commenting on the sales of War Savings stamps, took occasion to remark upon the splendid work done by the pretty motion-picture actresses.

"It's a funny thing," he remarked, "but I know of hundreds of cases where men had refused to buy stamps from other men, but later bought them from the screen beauties. I heard of one, however, who was an exception:

"Why didn't you buy your War Savings stamps from me?" asked the girl, and added, "some other girl was prettier, I suppose?"

"On the contrary, I bought mine of a girl who was plain enough so that I could get a little credit for being a patriot!"

Some men are as ignorant of their opportunities as an Austrian soldier of what he is fighting for.

Always proud to show white clothes. Red Cross Ball Blue does make them white. All grocers. Adv.

The most successful men have met with a lot of argument.

Your Eyes

A Wholesome, Cleansing, Refreshing and Healing Lotion—Murine for Redness, Soreness, Granulation, Itching and Burning of the Eyes or Eyelids; "2 Drops" After the Movies, Motoring or Golf will win your confidence. Ask Your Druggist for Murine when your Eyes Need Care. M. B. Murine Eye Remedy Co., Chicago.

Good Chance. "She's an angel." "Well, send her a letter by airmail."—Louisville Courier-Journal.

"Some men are locked up for safe breaking and some for safe keeping."

Keep Yourself Fit

You can't afford to be laid up with sore, aching kidneys in these days of high prices. Some occupations bring kidney troubles; almost any work makes weak kidneys worse. If you feel tired all the time, and suffer with lame back, sharp pains, dizzy spells, headaches and disordered kidney action, use Doan's Kidney Pills. It may save an attack of rheumatism, dropsy, or Bright's disease. Doan's have helped thousands back to health.

An Iowa Case

Sever Olson, blacksmith, Maple Ave., Decatur, Iowa, says: "Many years of hard work as a blacksmith weakened my kidneys and brought on attacks of backache. When I stooped, sharp pains caught me in the small of my back. The kidney secretions were in bad shape, too. I used Doan's Kidney Pills and they fixed me up in fine shape. Whenever I have taken them since, they have done good work."

Get Doan's at Any Store, 50c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

JUDGE DECIDES STOMACH REMEDY A GREAT SUCCESS

Commissioner of Medication and Conciliation Board Tries EATONIC, the Wonderful Stomach Remedy, and Endorses It.

Judge William L. Chambers, who uses EATONIC as a remedy for loss of appetite and indigestion, is a Commissioner of the U. S. Board of Medication and Conciliation. It is natural for him to express himself as to the value of EATONIC. Writing from Washington, D. C., to the Eatonic Remedy Co., he says:

"EATONIC promotes appetite and aids digestion. I have used it with beneficial results."

Office workers and others who sit much are martyrs to dyspepsia, belching, bad breath, heartburn, poor appetite, bloating, and impairment of general health. Are you, yourself, a sufferer? EATONIC will relieve you just as surely as it has benefited Judge Chambers and thousands of others.

Here's the secret: EATONIC drives the gas out of the body—and the Stomach Goes With It! It is guaranteed to give you relief. If you don't get a money back! Costs only a cent or two a day to use. Get a box today from your druggist.

SIoux CITY Ptg. Co., No. 37-1918.