IN BED MOST OF TIME

Her Health Restored by Lydia E. Pinkham's Vegetable Compound.

Indianapolis, Indiana. - "My health was so poor and my constitution so run



lown that I could not work. I was thin, pale and weak, weighed but 109 pounds and was in bed most of the time. I began taking Lydia E. Pinkham's Vegetable Compound and five months later I weighed 133 pounds.

do all the housework and washing for eleven and I can truthfully say Lydia E. Pinkham's Vegetable Compound has been a godsend to me for I would have been in my grave today but for it. I would tell all women suffering as I was to try your valuable remedy."- Mrs. Wm. GREEN, 332 S. Addison Street, Indianapolis, Indiana. There is hardly a neighborhood in this

found health by using this good oldfashioned root and herb remedy.

If there is anything about which you

would like special advice, write to the Lydia E. Pinkham Medicine Co., Lynn, | yours New Blood?"

FORTUNATE CITY IS BOISE

Natural Supply of Hot Water Used to Furnish Heat for Houses and Public Buildings.

Boise, the capital of Idaho, is the only city in the world to use natural hot water to supply heat to houses, public buildings and business blocks, the Youth's Companion observes. Water at a temperature of 171 degrees Fahrenheit comes from wells in the low foothills of the Boise mountains just outside of the city, and for 25 years it has all been used for heating

There are two wells, each 18 inches in diameter and 400 feet deep. The natural flow is 800,000 gallons a day. Centrifugal pumps have increased the supply to 1,250,000 gallons every day. The water is pumped into a tank or reservoir, thence distributed to the users in the city. One hundred and thirty-nine buildings use it for all purposes, including heat, and 100 other buildings use it for bathing, washing and cooking purposes.

Engineers have tried to increase the flow of water, and they think that if they could tap the main subterranean stream they would get enough hot water to supply all the needs of the city. The heat is so intense that men can work only 18 feet below the surface, and then only in ten-minute shifts.

These hot springs were well known by the Indians and they made the spot where Boise now stands a sort of wincountry, wherein some woman has not | ter resort for the Snake and Bannock

The Idea.

"Why do you call that new paper of "Because I want It to circulate."

Astonishing Power of Iron to Give Strength to Broken Down Nervous People

Will Increase Strength of Delicate Folk 200 Per Cent in Two

Weeks' Time in Many Instances.

NEW YORK, N. Y .- In a recent dismultitude of dangerous symptoms disday; some fussy and irritable; some almost immediately beneficial. skinny and bloodless, but all lack physical power and endurance. In such

They Misinform the Measles.

In Japan the nursery is still protectother infections by means of an indon Lancet, a most fascinating exhibi- the right scheme. tion is on view, illustrative of "Japanese charms, amulets, votive offerings and objects of medical interest," among which these nursery notices occupy an important place. Akin to these noit was a form of exorcism against palsy and numbness of the limbs.

Matter of Necessity.

"Got a chauffeur, eh! I thought you were averse to having one." "I was; but you see our cook got married and we had to give her husband a job in order to keep her."

Physician Says Ordinary Nuxated Iron | you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the time course Dr. E. Sauer, Specialist, of this double and even triple their strength city, said: "If you were to make an and endurance and entirely get rid of actual blood test on all people who are their symptoms of dyspepsia, liver and ill you would probably be greatly as- other troubles in from ten to fourteen tonished at the exceedingly large num- days' time simply by taking iron in the ber who lack iron and who are ill for proper form, and this, after they had no other reason than the lack of iron, in some cases been doctoring for be included in the ration. The moment iron is supplied all their months without obtaining any benefit. You can talk as you please about all appear. Without iron the blood at once the wonders wrought by new remedies, loses the power to change food into living tissue, and therefore nothing you there is nothing like good old iron to artificial shade. eat does you any good; you don't get put color in your cheeks and good, the strength out of it. Your food mere sound, healthy flesh on your bones. It ly passes through your system like corn is also a great nerve and stomach through a mill with the rollers so wide strengthener and the best blood builder fowls. apart that the mill can't grind. As a result of this continuous blood and that the old forms of inorganic iron, nerve starvation, people become generally weakened, nervous and all run often ruined people's teeth, upset their down, and frequently develop all sorts stomachs and were not assimilated, of conditions. One is too thin; another and for these reasons they frequently is burdened with unhealthy fat; some did more harm than good. But with are so weak they can hardly walk; the discovery of the newer forms of some think they have dyspepsia, kidney organic iron all this has been overcome. or liver trouble; some can't sleep at Nuxated Iron, for example, is pleasant night; others are sleepy and tired all to take, does not injure the teeth and is

NOTE-The manufacturers of Nuxated cal power and endurance. In such cases it is worse than foolishness to take stimulating medicines or narcotic drugs, which only whip up your fagging vital powers for the moment, maybe at the expense of your life later on. No matter what anyone tells you, if you are not strong and well you owe it to yourself to make the following test:

See how long you can work or how far

First Potato King.

John Pounds, an English cobbler, ed from the inroads of measles and was the original potota king. He cobbled shoes for sailors in Portsmouth scription over the nursery door saying and was grieved by the sight of the with exquisite urbanity "this child is ragged boys who ran wild about the not at home." In the Wellcome His- quays. He set himself the task of torical Medical museum, says the Lon- rescuing them. Finally, he hit upon

A hot potato was a wonderful delicacy for these youngsters. John Pounds set his bait. He offered hot potatoes to boys who would come to him and be taught to read and write. Often tices are the charms embodied as toys. he was seen pursuing a boy along the A yellow tiger with a wagging head wharves, holding out a potato like a is now said to be a toy, but anciently farmer trying to catch a colt with a feeding of oats. Usually John Pounds and the hot potatoes won. He crowded his narrow work room with his charges. When he died it was reported of him that he saved five hundred children to useful citizenship.-Toledo

Happiness is unrepented pleasure.

THOUSANDS HAVE KIDNEY TROUBLE AND DON'T KNOW

Weak and unhealthy kidneys cause so much sickness and suffering and when through neglect or other causes, kidney trouble is permitted to continue serious results may be expected.

Your other organs may need attention -

but your kidneys should have attention

first because their work is most important. If you feel that your kidneys are the cause of your sickness or run down condition commence taking Dr. Kilmer's Swamp-Root, the great kidney, liver and other organs to health.

Prevalency of Kidney Disease.

Most people do not realize the alarming increase and remarkable prevalency of kidney disease. While kidney disorders are among the most common diseases that prevail, they are almost the last recognized by patients, who usually content themselves with doctoring the effects, while the original disease constantly undermines the system.

A Trial Will Convince Anyone. Thousands of people have testified that the mild and immediate effect of

Swamp-Root, the great kidney, liver and

bladder remedy, is soon realized and that

it stands the highest for its remarkable results in the most distressing cases. Symptoms of Kidney Trouble.

Swamp-Root is not recommended for everything but if you suffer from annoy-ing bladder troubles, frequently passing bladder remedy, because if it proves to be the remedy you need and your kidneys tion in passing, brick-dust or sediment, besin to improve they will help all the headache, backache, lame back, dizziness, poor digestion, sleeplessness, nerv-ousness, heart disturbance due to bad ousness, heart distributions from bad blood, neuralgia, rheumatism, lumbago, bloating, irritability, worn-out feeling, bloating, irritability, worn-out feeling, lack of ambition, may be loss of flesh or sallow complexion, kidney trouble in its worst form may be stealing upon you.

Swamp-Root is Pleasant to Take. If you are already convinced that Swamp-Root is what you need, you can purchase the regular fifty-cent and onedollar size bottles at all drug stores.

SPECIAL NOTE—You may obtain a sample size bottle of Swamp-Root by enclosing ten cents to Dr. Kılmer & Co., Binghamton, N. Y. This gives you the opportunity to prove the remarkable merit of this medicine. They will also send you a book of valuable information, containing many of the thousands of grateful letters received from men and women who say they found Swamp-Root to be just the remedy needed in kidney, liver and bladder troubles. The value and success of Swamp-Root are so well known that our readers are advised to send for a sample size bottle. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing be sure and mention this paper.

Are You Living on Your Nerves?

By DR. SAMUEL G. DIXON. Health Commissioner of Pennsylvania.

Do you live on your nerves? Possibly you do and boast of it as if it

were something to be proud of. Despite ideas to the contrary, few people ever work themselves to

death. It is usually the combination of business and pleasure at a strenuous pace which does the damage.

It is so easy to go a little further on your nerves when you know that physically you need rest and relaxation. There may be times of stress and strain when it is justifiable to exert every atom of endurance, but this is only under special circumstances. To practice it regularly in I'd like to be a lad again, a youngorder to overcrowd one's days is certain to result disastrously.

There is much in our modern life, with its diversity of interests, which tends to excite and irritate the nervous system. We should make an effort to offset this as much as possible. One may find pleasure and diversion without rushing madly about under high pressure.

People who live on their nerves until nervousness becomes chronic But care and strife have come to me, find that it brings a train of evils, indigestion, worry, excitability, temper and restlessness, all great handicaps to efficient work and rational pleasure.

Poultry Pointers

An old brush is a good thing with which to apply liquid mite killer to roosts and nearby woodwork.

Be careful that the growing chicks do not crowd in their coops as they become larger and need more room.

It is wise to scald all feed and drink dishes every few days with boiling water to kill the germs that collect there before they (the germs) have a hance to attack the fowls.

Don't let the drinking water for the fowls and chicks stand around and become hot and filthy, but give a new supply frequently during the day, cleaning out the water dish each time. Feed three times a day and no

more, but add rolled oats to the chick twice a day or stale bread crumbs or cornbread will do if there are no rolled oats on hand. It is not economy to feed young or

old stock on one grain, for a variety will produce better results from a smaller amount of feed. Feed sour milk or beef scraps to help build muscle, feathers and bone.

one per cent of bonemeal should also If there is no natural shade for the chicks, block up the coops so that the chicks can get under them, or build

Careful breeding, proper feeding. and the right kind of care, will produce heavy laying in any breed of

shelter tents, or in some way provide

The first chick feed should be a dry mixture of cracked grains. Cracked corn, wheat, kafir, and pin-head oats are all good.

The Runt is the largest of the pigeon family, but they are slow

Safety First.

"Is it true that no harm would be him."

******************** done if they should fall from the trapeze?"

> "Yes, madam; that's why the net is spread under them."

"Where can I buy such a net?" "Surely, my dear madam, you don't vant to perform on a trapeze," said

he usher, astonished at this question. "It isn't for me. I have a nephew in the aviation service and I would like to send him such a net to hang under his machine. It would save him if any accident should happen."

FAVORITE OF FILMDOM



Peggy Hyland.

Distinguished English actress who has become a movie star, appearing recently in a new photoplay by John Randolph and Lillian Chester.

An Aviator's Audacity.

The audacity and coolness which so strongly characterizes the exploits A portly, middle-aged woman was of the aviators in the war, is illus- piness, finds her most characteristic watching some circus artists who were trated by the following anecdote: A performing daringly upon a rapidly- Belgian aviator who had just deswinging trapeze. A large net de-scended with his clothes riddled with signed to prevent injury if the act bullets, was questioned by his friends should miscarry was suspended over as to the results of his expedition.

the stage beneath them, and this "I was in their lines," he said, "with arts, names war boats after Columseemed to share her interest with the a view to taking photographs, when acrobats. After they had been at I was charged by a Fokker with two work for several minutes, she called machine guns. I was unarmed. He an usher, says the Lustige Blatter, pursued me. Well, I could make no

SOME SMILES



Keen Enjoyment. "Mr. Grabcoin seems proud of the fact that he indulges in no form of recreation whatever."

"Judging from what I have seen of him he doesn't need it.' "No?"

"He gets more pleasure out of foreclosing a mortgage than some men do out of an afternoon of golf."

Masculine View.

"According to an item in this paper," remarked Mrs. Jaggs, "rum is made from the refuse of sugar."

"Yes, that's right," rejoined her hus oand, "man converts the best of the sugar into bonbons for the fair sex, and he has to content himself with what's

Worth Fighting For.

"What arguments can you advance in favor of preparedness?" asked the all the children who are idiots," reexponent of peace at any price. "For one thing," answered the citi- tific notes in the patent medicine al-

zen addressed, "I like to stand on a manacs. street corner and criticize the gov-

of preparedness?" "A great deal. If this country were caught off its guard and conquered by a foreign power, that would be one of

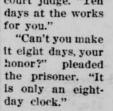
And So It Happened. Heiney-I was surprised to hear that young Price had married that rich

Omar-Yes, but still it was an ideal marriage for both. He was without money, and she was without Price.

Practical Information.

"Say, paw," queried the little son of a railway conductor, "what's an exchequer?" "An ex-checker, my son," replied the ticket puncher, "is a retired baggageGot the Worst of It

"You are charged with stealing a clock," said the police court judge. "Ten days at the works for you."



Facts in the Case.

"Do you mean to say that I am a liar?" asked an angry man excitedly during a heated argument.

"On the contrary, my dear sir." calmly rejoined his adversary. "I have often remarked that you are the only man of my acquaintance who always tells the truth-but I always offer a reward of twenty-five dollars to any man who will swear that he believes me when I say it."

Frenzied Finance.

Omar-Philadelphia must be a good place in which to make money. Heiny-Why do you think so? Omar-Otherwise the government

wouldn't have a mint located there. Tough on the Juries.

"They say the people in Corea drown marked the man who reads the scien-

"We'l." rejoined the wise guy, "if they did that in this country, it would "What has that to do with the need only be a matter of a few years until our jury system would go by default."

Easily Recognized.

"Doppel married one of the Doddersthe first of my privileges to be abro- ly girls. They are twins, you know, and the neighbors used to say they couldn't tell them apart." "It's easy enough to tell them apart

"How so?" "The one Doppel married always wears such a disgusted look."

About the Size of It. "Ever notice it?" queried the teacher of the kindergarten class. "Did I ever notice what?" asked the innocent bystander.

"That the strength of minds in adults doesn't begin to compare with the strength of failure to mind in chilcause another fellow makes goo-goo dren?" concluded the teacher. eyes at his best girl-that is love.

A Wish.

I'd like to be a boy again, a care-free prince of joy again.

I'd like to tread the hills and dales the way I used to do; like the tattered shirt again, the

knickers thick with dirt again, The ugly, dusty feet again that long ago I knew.

'd like to play first base again, and Sliver's curves to face again. I'd like to climb, the way I did, a friendly apple tree,

knowing what I do today, could I but wander back and play I'd get full measure of the joy that boyhood gave to me.

ster, wild and glad again, I'd like to sleep and eat again the

way I used to do: I'd like to race and run again and drain from life its fun again And start another round of joy the

moment one was through. and often days are glum to me, And sleep is not the thing it was

and food is not the same; And I have sighed and know that I must journey on again to sigh, And I have stood at envy's point

and heard the voice of shame. I've learned that joys are fleeting things; the parting pain each meeting brings;

That gain and loss are partners here, and so are smiles and tears: That only boys from day to day can

drain and fill the cup of play,

That age must mourn for what is lost throughout the coming years. But boys cannot appreciate their price-

less joy until too late And those who own the charms I had will soon be changed to

And then they, too, will sit, as I, and backward turn to look and sigh And share my longing, vain, to be a care-free boy again .- Edgar A. Guest in Detroit Free Press.

Characteristics of Any Nation Are Displayed in Naming of Its Battleships

One of the ways nationalities have of displaying their peculiarities is in the naming of their battleships. The United States, systematic and businesslike, goes to work and uses up all the names of its states to paint on the sides of its greyhounds of the sea.

Great Britain, self-appointed mistress of the waves, does not propose to tion was put out without the aid of the have that majesty challenged. So she goes ahead and defies the world with such hair-raising names of Revenge, Indomitable, Inflexible, Invincible, Im- in for good measure. If that youngster placable, Indefatigable, Victorious, Glory, Vengeance, Valiant, Conqueror, Monarch, Thunderer, Colossus, Her- he's learned that "giving you a good cules, Jupiter, Mars, Caesar, Hannibal, Lion, Tiger and so on.

Germans adhere quite decently to names of places-places in the fatherland, of course, thus proclaiming the characteristic national love of the home country.

France full of love of freedom and warship names in words which translated would be Truth, Justice, Democracy, Republic.

Italy, adorer of her great men in statesmanship, war, science and the bus, Julius Caesar, Andrea Doria, Conte di Cavour, Leonardo da Vinci and Dante Alighieri.

To be convinced that these customs other reply to him, so I photographed of christening are peculiarly national one needs only to shuffle some of these names. Imagine us in America standing for a battleship named Indefatigable. Or imagine the name of "Sweetest Shakespeare" emblazoned on the marked: prow of one of England's glowering fortresses of the sea.—St. Paul Pioneer

Russia Growing Democratic As Result of War's Demands

Samuel Harper, professor of European history and Russian institutions at the University of Chicago and who has just returned to the United States after a four mon'hs' visit to Russia. says that Russian institutions were becoming more democratic since the war because the bureaus were unable to handle the vast supplies of provisions. clothing and supplies of all kinds for the armies in the field and had been obliged to call in the aid of the provincial councils, the zemstzovs, which are growing in power every day.

"The Russian government," he said is in favor of American capital being used to build factories there, but part of the control must be in Russian hands. This is to avoid a repetition of the treatment accorded to the native working people by the German manufacturers before the war. The Germans refused to employ anyone, who did not speak German.

Wise and Otherwise.

Love that seldom grows old is the love of money. Never argue with a wasp; it is sure

o carry its point. He who borrows money of a relative never hears the last of it.

The fool with money to burn may drive an ash cart in after years. The "war of the union" began shorty after the marriage ceremony ended. It's easier to approach luxuries than

t is to back away from them again. Men are like wagons-they rattle most when there is nothing in them. When a miser marries he picks out a woman who looks nice in her old

clothes.

what truth is.

A postage stamp is on the tip of many a man's tongue who never talks A man who boasts he never did a foolish act in his life doesn't know

Clothes do not make the man, but the better they are the more attention he is apt to receive. When a young man gets sore be-

and Spaghetti because of its delicious taste. It is good for them and you can give them all they want. It is a great builder of bone and muscle, and does not make them nervous and irritable like meat. The most economical and nutritious food known. Made from the finest Durum wheat. Write Skinner Mfg. Co., Omaha, Nebr., for beautiful cook book. It is sent free to mothers .- Adv.

Really Good Rejoinder. The proprietors of two rival livery

stables, situated alongside each other in a busy street, have been having a lively advertising duel lately. The other week one of them stuck

up on his office window a long strip of paper, bearing the words: "Our horses need no whip to make

them go." This bit of sarcasm naturally caused some amusement at the expense of the rival proprietor, but in less than an hour he neatly turned the tables by pasting the following retort on his own his own window:

"True. The wind blows them

GOOD FOR HUNGRY CHILDREN TAKE GOOD CARE of the Stomach

When weakness develops REMEMBER

HOSTETTER'S Stomach Bitters

Strengthens - Invigorates

The genuine has Private Stamp over the neck of

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World. W. L. Douglas name and the retail price is stamped on the bot-tom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the

price paid for them. The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest mination to make the best shoes for the price that mone

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

Spanking Causes Fire.

strictly forbidden article, and there

was a lecture on safety first thrown

Itching and Irritation of the Scalp

With Cuticura. Trial Free.

druff, itching and burning with Cuticura

water. These super-creamy emollients

do much to keep the scalp clean and

healthy and to promote hair growth.

Lost Art.

The four-year-old had just been re-

proved at the table. He continued to

talk cheerfully, though unanswered,

to father. After some minutes of solil-

oquy he turned to mother and re-

much this noon, does he, mother?"-

Philanthropic.

Ted-Did that rich girl offer to give

Ned-Yes, on condition that I put

Harper's Magazine.

you her heart and fortune?

up an equal amount.

"Your husband doesn't talk very

Boston. Sold everywhere.-Adv.

as well as figuratively.

Always Good Humored. A West Avon, Conn., dispatch says: Gouverneur Morris was talking Spanking has not gone out of stype as about the late Richard Harding Davis. a popular method of meting out justice "Davis was never at a loss for a in this country town at least. A young- joke," said Mr. Morris. "I dined with ster here got one recently. It wouldn't him at Crossroads farm one evening, do to tell his name, for he is a really the dinner being served by a new and very awkward waitress. fine little fellow. His wrathy parent while performing the time-honored act "The waitress, half way through the dinner, slipped with a tray, spilled a discovered to her amazement and horbottle of beer down Davis' neck. ror that smoke was curling up "from "He said to her reproachfully, as the seat of his pants." The conflagrahe swabbed up the beer with his napkin: fire department, but matches are a

"'It was ginger ale, not beer, I asked for Gretchen.'" Cardui Wins Suit.

carries any more matches he'll tuck After a trial in the United States them safely in his breast pocket, and District Court of Chicago, before Judge Carpenter and a federal jury, the jury warming up" may be meant literally found the American Medical Association guilty of libeling Cardui, the woman's tonic, which they had denounced HOW TO REMOVE DANDRUFF as a "nostrum."

and a proof that it has merit, which was recognized by a jury after a trial of three months, one of the longest On retiring lightly touch spots of dan- civil cases on record

This is a vindication of the medicine

Many doctors and chemists testified Ointment. Next morning shampoo on both sides and the evidence totaled thoroughly with Cuticura Soap and hot nearly four million words.

"Hunting for contentment," observed the Peru philosopher, "is a good deal Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, like hunting for a flea. "What's the explanation?" queried the dense youth.

"When you get where it was you

find it has just left," answered the .

Yea, Verily!

philosophy dispenser. Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it Bears the Signature of Chart Flitchers

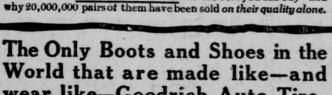
Children Cry for Fletcher's Castoria Many a man is compelled to take married life according to directions.

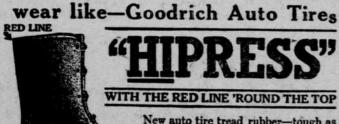
In Use for Over 30 Years.

The longest-wearing light weight rubbers you can buy -20,000,000 pairs have absolutely proved it

GOODRICH RUBBER OVERSHOES

-not just "rubbers" Snug as a glove in fit, light on your feet, and stylishlyneat in appearance, with "double the wear in every pair" over what other rubbers A fit for will give you—there you have the reasons why 38,000 stores recommend "STRAIGHT-LINES" as the best you can buy-and

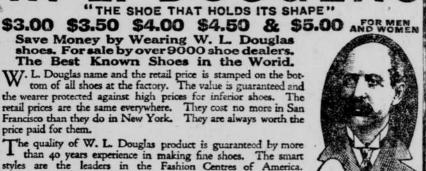


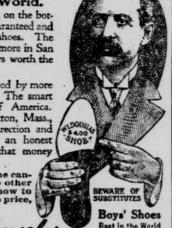


New auto tire tread rubber-tough as nails-in every pair. ONE SOLID PIECE construction, same as Goodrich Tires. Won't leak or split like others. Give 2 (and 3) times usual wear as 5,000,000 pairs have proved. Try a pair!

The B. F. Goodrich Company, Akren, Ohio kers, also, of TEXTAN—the Goodrich Sole

Bottle. Insist on having it "THE SHOE THAT HOLDS ITS SHAPE"





Who Douglas \$3.00 \$2.50 & \$2.00