

## WOMEN OF MIDDLE AGE

May Pass the Critical Period Safely and Comfortably by Taking Lydia E. Pinkham's Vegetable Compound.

Summit, N. J.—"I have taken Lydia E. Pinkham's Vegetable Compound during my Change of Life and I think it is a good remedy in such a condition. I could not digest my food and had much pain and burning in my stomach after meals. I could not sleep, had backache, and worst of all were the hot flashes. I saw in the papers about Vegetable Compound so I tried it. Now I feel all right and can work better. You have my permission to publish this letter."  
—VICTORIA KOPPL, 21 Oak Ridge Ave., Summit, N. J.

If you have warning symptoms such as a sense of suffocation, hot flashes, headaches, backache, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness, get a bottle of Lydia E. Pinkham's Vegetable Compound and begin taking the medicine at once. We know it will help you as it did Mrs. Koppl.

## WATCH THE BIG 4

Stomach-Kidneys-Heart-Liver  
Keep the vital organs healthy by regularly taking the world's standard remedy for kidney, liver, bladder and uric acid troubles—

### GOLD MEDAL HAARLEM OIL CAPSULES

The National Remedy of Holland for centuries and endorsed by Queen Wilhelmina. At all druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

Never Satisfied.  
Cholly—Your daughter is all the world to me.

Gotrox—Take her, with my blessing.  
Cholly (to himself)—Gee whiz! I got that so easy I wish I had asked for more.—Detroit News.

### HEAD STUFFED FROM CATARRH OR A COLD

Says Cream Applied in Nostrils Opens Air Passages Right Up.

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, snuffling, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh disappears.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed up with a cold or nasty catarrh.—Adv.

A gem of thought is often impaired by a bad setting.

Ability is measured by deeds rather than by intentions.

### WAS DISCOURAGED

St. Charles Man Tells How He Suffered Before Doan's Cured Him.

"Heavy strains on my back and being exposed to all kinds of weather, weakened my kidneys," says John S. Shelton of St. Charles, Mo. "The misery in my back was constant and I had to get up several times during the night to pass the kidney secretions. I got no rest night or day and lost twenty-two pounds in weight. My eyes burned as if there were fire in them. I also had dizzy spells and would feel as if I were going to pitch forward. Sharp catches would take me in my back as if someone were driving a sharp knife into my back. My kidneys were so weak I had no control over them and the secretions were scanty and burned in passage. I had pains in my bladder too. I was discouraged. I tried different remedies but received no benefit. I was advised to use Doan's Kidney Pills and when I did so I was so relieved of my misery, Doan's cured me."



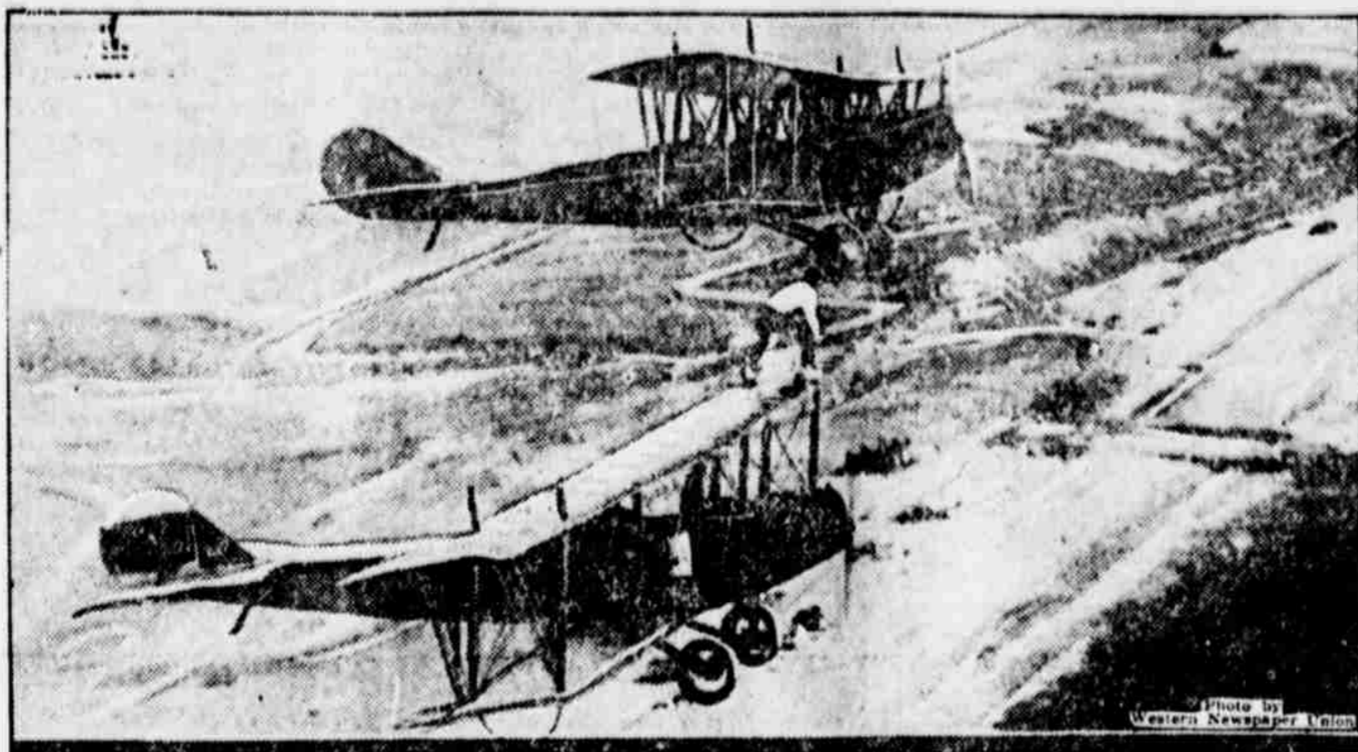
Mr. Shelton

Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

Baby Coughs require treatment with a remedy that contains no opiates. Piso's is mild but effective, pleasant to take. Ask your druggist for

## PISO'S

### FORMER ARMY FLYER CHANGING PLANES IN MIDAIR



A very unusual photograph showing Al Wilson of Los Angeles, Cal., about to change from plane to plane many hundreds of feet in the air. Standing on the upper wing of the lower plane, Wilson grasped the lower wing of the upper plane and swung himself to it, absolutely unaided. Of the many plane-changing feats performed recently it is safe to assume that this is the most daring. Wilson was in the aviation corps of the army.

### CHINESE ON WAY HOME WITH RICHES GATHERED IN CUBA



Group of 56 Chinamen just landed in New York from Havana, Cuba, where they acquired large fortunes. They are on their way home to China via Montreal and Vancouver.

### SKIING AT ST. MORITZ

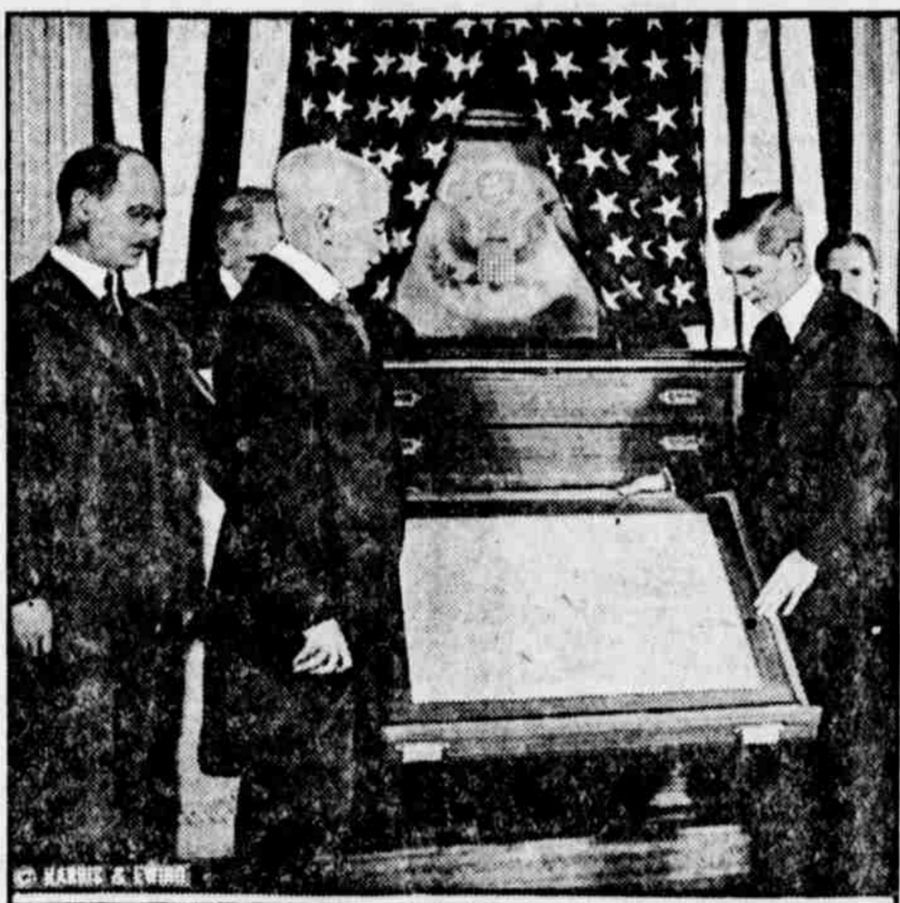


Skating is one of the most popular winter sports at St. Moritz, Switzerland. The lady on skis shown here is Viscountess Uffington, daughter-in-law of the earl of Craven.

### Fight Cause of Bean Blight.

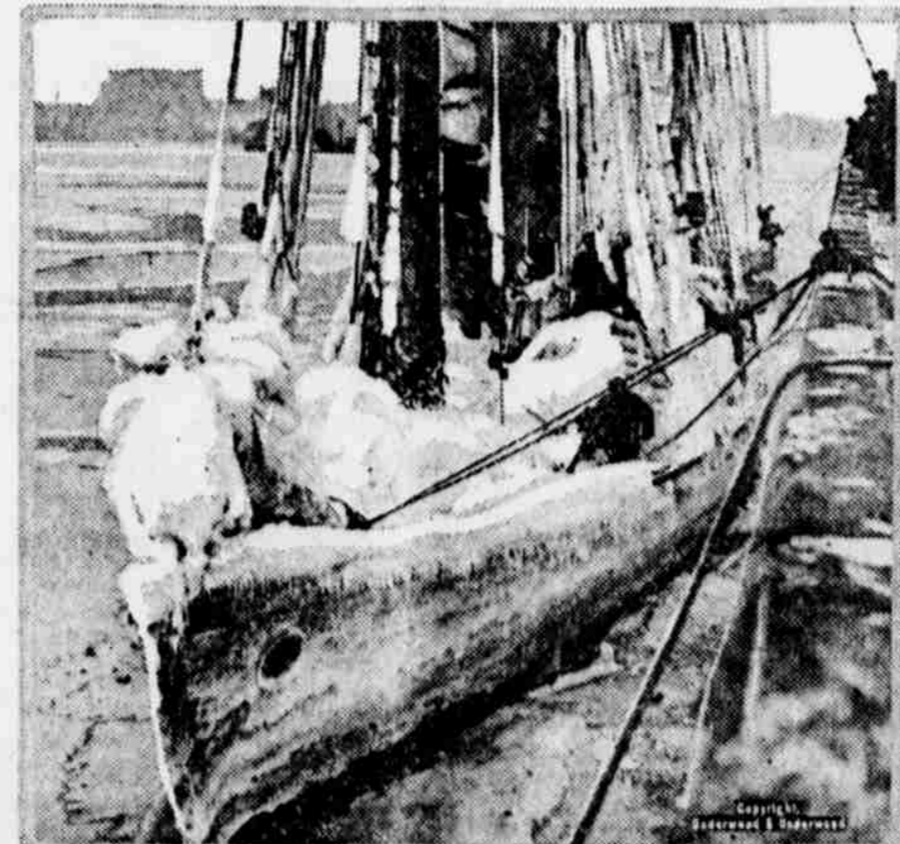
Of many attempts to bring the bacterial blight of beans under control, the most successful at the Oklahoma agricultural experiment station has been the use of aged seed. It was known that the bacteria retained the power of growth for only a limited time, and infected seed was saved for experiment. Seed four and five years old never produced blighted plants, the low percentage of germination however, making such seeds valueless for practical bean growing. Seed two and three years old has also given blight-free plants, with one exception, and that is attributed to accidental infection. It is concluded the use of bean seed two or three years old will yield blight-free plants on uninfected land when at sufficient distance from other bean patches, to avoid accidental infection. Seed of these ages have a percentage of germination sufficiently high for practical use.

### PRECIOUS ORIGINAL DOCUMENTS SHOWN

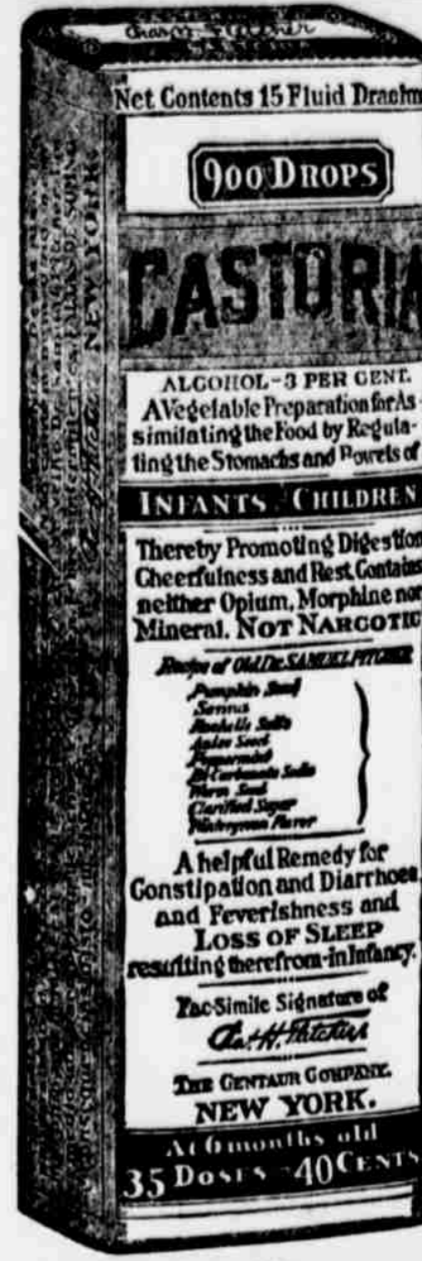


Secretary Lansing delivered an address on Americanism to the bureau chiefs of the state department, opening the original documents on the Constitution of the United States and the Declaration of Independence to emphasize his statements. The photograph shows a page of the Constitution.

### SEVERE WEATHER FOR THE FISHERMEN



A fishing boat arriving in Boston, Mass., a mass of ice after a trip from the banks. The fishermen suffered severely and fished only with the greatest difficulty.



## CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

*Dr. J. C. Hutchins*  
In Use For Over Thirty Years  
**CASTORIA**



### DISEASE AMONG HORSES—the answer is SPOHN'S DISTEMPER COMPOUND

Whenever there is contagious disease among horses SPOHN'S is the solution of all trouble. SPOHN'S is invaluable in all cases of DISTEMPER, PINK EYE, INFLUENZA, COUGHS and COLDS. A few drops a day will protect your horse exposed to disease. Regular doses three times a day will act marvelously on your horse actually sick. 50 cents and \$1.50 per bottle. SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

### MUCH EXPLANATION IN ORDER NO NEED FOR INTERPRETER

Young Wife Had to Be Satisfied as to the Identity of Husband's "Alma."  
"Alma."

Squaw Evidently Had Not Always Been One of the Ordinary "Blanket Variety."

A husband newly wed, and also a graduate of the University of Southern California, went to attend a banquet on the campus with a few of his college mates. He omitted telephoning his wife.

When friend husband did arrive home his wife was almost ready to break off diplomatic relations.

"Where in the world have you been?" was her menacing question.

"Why, dearie, I have been out enjoying the evening with my dear Alma Mater."

"What?" ejaculated his wife, jumping to her feet. "Alma who?" Then tears.

It took the errant head of the family just two hours and twenty-five minutes to convince his heart-broken helpmate that Alma Mater was not an alluring vampire.—Los Angeles Times.

### Of Course.

"Would you mind letting me off 15 minutes earlier after this?" asked the bookkeeper. "You see, I've moved over to Jersey, and I can't catch my train unless I leave the office at a quarter of five."

"You should have thought of that before you moved," said his employer.

"I did," was the reply. "That's the reason I moved."

Some people put on airs while others merely whistle them.

Hesitation seldom prospers.

### A Cultured Quarter.

"We are now passing through a neighborhood which has more culture to the square foot than any other part of town."

"Well! Well! Everybody about here, I suppose is a high-brow."

"Yes. Why, the people in this neighborhood talk about Shakespeare as if he hadn't been dead more than a week."

### Proper Medium.

"Can't you dig up anything for trumps?"

"Sure; I'll make it spades."

## Sleep Is Sweet

—so if coffee plays tricks with your nerves and breaks your rest try

## INSTANT POSTUM

This economical beverage has a rich coffee-like flavor that truly satisfies.

Made by Postum Cereal Co. Battle Creek, Mich. Sold by Grocers and General Stores.