## THOSE AWFUL **CRAMPS**

Suggestions that may save Much Suffering



women who are troubled with or irregular periods, backache, s, dragging-down sensations, spells or indigestion should dia E. Pinkham's Vegetable od. Thousands have been re-o health by this root and herb

remedy.
Write for free and helpful advice to
Lydia E. Pinkham Medicine Co., (confidential), Lynn, Mass. Only women
open and read such letters.

open and read such letters.

Certain She Understood.

Certain She Understood to she was a such a suc

know!"
Really, Mr. Brown," said a maiden
the party; "how did you do it?"
Well," he said, "it happened like

well, he said it happened this."

As he spoke he unconsciously rilsed his hand and scratched his forehead.

"Oh, I see," she interrupted, sweetly; "how very careless of you!"

#### Twenty Five Years' Experience With Kidney Remedy

treen twenty-five and thirty years
nonmenced selling Dr. Kilmer's
mp-Root and during all that time I
never heard a single complaint from
customers; they are more inclined
it; has not been been to be it;
in an other than the repeated select
I am confident that Swapp-Root is
been to be the transparence of the transparence
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the intended.
Yery truly wow.

1601 Freeman, Cor. Liberty Sta-1916. Cincinnati, Ohio Sept. 19, 1946. Cipcinate, Ohio.
Prove What Swamp.Root Will 1b For Yea
Send ten cents to Dr. Kilmer & Co.,
Binghanton, N. Y., for a shapple rice
will also frective a booklet di information,
information, which will be supposed to the control of th

and binder. When writing, he sure and mention this paper. Required fifty-cent and one-dollar size bottles for sale at all drug stores—Advs.

Psychology and the War.

Prof. G. Stanley Hall lot the Clark university. United States, places the subject of applied psychology on a high plane in relation to the war. He states:

"Whatever system has been employed, I is ordered that applied psychogy which was never jossible that the property of the psychology of the psychology of the psychology of the psychology which is the psychology which was never jossible to attail before. Men have endured more, they have shown more heroism and daring and have submitted to more punishment than in any previous war. No such sizupiter would have been possible in former warwithout provoking a panel. This has unquestionably been due to the system of psychological scaption, no only for the various grades of service but for special activities within end going to warm size without it knowledged this; and the National Research chunch within that body will, understand, contain representative psychologists."

Huins. ompelly"
"Yes," replied the globe trotter. "But ther seeing a few churches shot up i this iwar. Pompell doesn't impress ie as ranking high as a zulaed cit;"

in the bleard.

"You see a lot of mendolins and guitars in the pawaship whidow."

"I spose it's different ip Europe.

They say over there the pawashop whodows are full of old scepters."

### Give all the kids **Post Toasties** -They like em



## HEART OF THE SUNSET

1. 1. 4. 15. 15. 15. By REX BEACH

CHAPTER XVIII—Continued.

CHAPTER XVIII—Continued.

—18—

Years of experience bad taught him to be always alert, even during his moments of deepest procecupation, and so, from force of habit, when he came to the pumphouse! road he: carefully scanned it. In the dust were fresh hoof-prints leading toward the river. Now he knew this! road to be seldom used, and therefore he wondered who could be riding it lat a gallop in this bilstering midday heat. A few rods farther on and his quick eve detected something else—some tiny object that brought him from his saddle. Out of the rat he picked a cigarette but, the first of which was sold but the paper of which was suit but the paper of which was suit wet from the smoker's lips. He cannoel it carefully; then he remounted and rode od, pondering its significance.

which was still wel from the amoker's lips. He examined it carefully; then he remounted and rode on, ponderring its significance.

Dave loped out of the thicket and straight across the clearing to the Morales house. Leaving Montroay's reish shaning, he opened the door and entered without knocking. Nosa appeared in the opening to another room, her eyes wide with fright, at this appartition, and Dave saw that ahe was dressed in her finest, as if for a holiday or for, a journ thier? He demanded. "Where's your third, as if for a holiday or for, a journ thier? He demanded. "He's quot of the sort."

"Where's your third; he demanded. He's quot of the sort."

"Where's your third; he demanded. He's quot of the sort."

"Where's your third; he demanded. He's quot he sort."

"This morning, learly. He—"

"Why's been here since he lett?"

Ross won recovering from her first surprise, and now her black brown divert together in anger. No one has come. You are the first. And have you we manners to stitch into a respectable house—"Dave broke in harsally: 'Ross, you're lying.' Jose Sauches has been here within an hour. Where is her? Wien the girl only grow whiter and raised a hand to her breast, he stepped toward her, crying, "Answer me?"

Ross recoiled, and the breath caught in her throat like a sob. "Til tell you nothing," she said in a thin volce. Thin she began to tremble. "Why do you want Jose?"

"You know Why. He killed Don Eduardo, and then he rode here. Come!

in the said in a thin wolce. Then she began to tremble. "Why do you want Jose".

"You know why. He killed Juon Behardo, and then he rode here. Come! I know the thing."

"You know why. He killed Juon Behardo, and then he rode here. Come! I know the thing."

It was you who betrayed Panilo, and his blood is on your hands, assist!" With the last word she milter as if to retreat, but Dave was too quick; he seized her, and for an instant they struggled breathers!.

Dave had reasoned beforehand that his ohly chance of discovering shy thing from this girl lay in utterly terrorizing her and in produting by her first panic; theyefore he pressed his advantage. He succeeded better than he had dared to hope.

"You know who killed Senor Ed. he forted thereely, "the fortune-teller read your plans, and there is no use to deny the proof the second in her, body was the too seed in her, body was the too seed her a thill-grown man, and Dave set the two seedings of the bosse came a sound which croused Dave to release the girl as shreptly as he had seized her—it was the clust and titake of Merican spurs upon a wooden floor.

CHAPTER XIX.

CHAPTER XIX.

The Water-Cure.
Without an initiant's hestiation Dave fleak limself past Rose and through the inner door.

Jese Sanches met him with a shout; the since door in the lightent and the two went the lightent and the two went control of the lightent and the two went down on the horse-breaker fired his was powerless sgrainst his antagoniar's strength and fercotty. It required but a inoment for liaw to master him, to wreach the welpon from his grasp, and then, with the sid-of Joses silk neck-scart, to bind his wrists tightly.

From the front of the little house care, the strength and his wrists tightly.

From the front of the little house came the crash of a door violently slammed as Rose profited by the diversion to save herself.

When finally Jose stood, panting and scartling, his back to the wall, Daye regarded him with a singlet control of the light has was almost a grin.

"Well," he said, drawing a company that the past of the light that was almost a grin.

"What do you want of me!" Jose may be a summary than morning."

"What do you want of me!" Jose may be a summary than the summary of the light was a somewhat prelonged stience, during which Dave continued to stare at his prisoner with the same discussing expression. "Why did you will Don Eduardot" he saked.

"I shall who says I killed him?" Jose giared defiance. "Why did you will be obling at me? Come! Take me to juil, if you think that will do any good."

epithet from between his teeth.
Dave addressed him with an air of
finality. "You killed that man and
your life is forfelt, so it doesn't make
much difference whether I take it or
whether the state takes it. You are
brave enough to dis—most of you Mcxicans are—but the state can't force you



Ne ENTERPRISE.

Not without your table your capturer for the transport of the challenger, but you have an every problem of the challenger, but you want to grow you have a come problem of the challenger, but you have a come you have a come

ne na ever imagined. Jose would have met a bullet, a knife, a lash, without flinching; flames would not have served to weaken his resolve; but this slow drowning was infinitely worse than the worst he had thought possible; he was suffocating by long, black, agonding minutes. Every nerve and muscle of his body, every cell in his bursting longs, fought against the outrage in a purely physical francy over which his will power had no coarrol. Nor would insensibility come to his relief—Law watched not even voice his miferings by shricks; he could only writte and retch and gurgle while the ropes bit into his feah and his captor knel topon him like a monstrous stone weight.

But Jose had made a better derive



her?"
Dave's voice changed; there was a sudden quickening of his words. "They've got her, Blaze. They waited until they had her safe before they killed Ed."
"They?" Who are you talkin benet?"

### Is Your Work Hard?

Work which brings any unmand strain on the back and kidneys tends to cause kidney silments, such as back sele, Ismeness, headache, diziness and distreasing university troubles. Hidney doubly hard and if incepted there indeper of gravel, droppy or Bright disease. If your work is hard on thook, keep your hidneys in good condition with Doan's Atthery Film. These sauds ray, on them.

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W. N. U., DETROIT, NO. 27-1917.

BREAD AS ECONOMICAL' FOOD

Would Be Used More Extensively If Home-Baked Variety Was Alwaya Good, Say Government Experts.

Home-Baked Variety Was Always
Good, Say Government Experts.

If home-baked brend were uniformly
well made, it would be used more extensively than at present in place of
more expensive foods, say specialists
in the United States department of
single common. From the standpoint
of nutrition it makes very little difference whether breadstuffs are served in
the form of brend or in the form of
breakfast cereals, side dishes with
meat, or desserts.

A man engaged in
moderate muscular work on profitably consume about
three-fourths or one of these forms,
the standpoint of the control of
the standpoint of the control
than the standpoint of the standpoint
meat or desserts.

A man engaged in
moderate muscular work on profitably consume about
three-fourths or one of these forms,
the unantity is the equivalent of one
pound of baked bread. As a matter
of fact, however, it is not probable
that in the average (faulty this quantity is consumed and the deficiency is
made up by the use of more expensive
sanstances. Of course bread alone is
not sufficient for the innitronance of
health, but from both lan economical
and a hygleine point of view should be
used more extensively khan it justially
is, declare the experts.

Is, declare the experts.

Rubber Consumption Growing.
Consumption of rabber per capita is more than twice which it was 20 gears ago. One company shoes from rubber per capital is supported by the company will pertait its own merchant marine to bring crude rubber from Sumatra and carry manufactured articles to all parts of the world. The company own employs 26.21 men and manufactured grades and the world. The company now may be company from the company for the

Unsophisticated.
Womdn-"But these strawberries are quite green." Fruit \*\*Peddier-"Well, mum, they're just from the country."

In the case of divorce the key to

### The Danger Zone for Many Is Coffee Drinking

Some people find it wise to quit coffee when their nerves begin to "act up."

The easy way nowadays is to switch to

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Nothing in pleasure is missed by the change, and greater comfort follows as the nerves rebuild.

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