

## HUSBAND SAVES WIFE

From Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Pittsburgh, Pa.—"For many months I was not able to do my work owing to a weakness which caused backache and headache. A friend called my attention to one of your newspapers and immediately my husband bought three bottles of Lydia E. Pinkham's Vegetable Compound for me. After taking two bottles I felt fine and my troubles caused by that weakness are a thing of the past. I will now who suffer as I did should try Lydia E. Pinkham's Vegetable Compound." Mrs. JAS. ROSENBERG, 629 Knapp St., N. E., Pittsburgh, Pa.

Women who suffer from any form of weakness, as indicated by displacements, inflammation, ulceration, irregularities, backache, headache, nervousness or "the blues," should accept Mrs. Rosenberg's suggestion and give Lydia E. Pinkham's Vegetable Compound a thorough trial.

For over forty years it has been correcting such ailments. If you have mysterious complications write for advice to Lydia E. Pinkham Medicine Co., Lynn, Mass.

**ABSORBINE STOPS LAMENESS** from a Bone Sprain, Ring Bone, Splint, Curb, Side Bone, or similar troubles and gets you going sound. It acts mildly but quickly and good results are lasting. Does not blister or remove the hair and horse can be worked. Price 17 in sample bottle each bottle tells how. \$2.50 a bottle delivered. Horse Book 9 free.

**ABSORBINE, JR.**, the emollient ointment for marking, reduces Pains, Swellings, Enlarged Glands, Wens, Bruises, Varicose veins, boils, Sores, Allays Pain. Will tell you more if you write. It is as good as a doctor. Liberal trial bottles for the name. W. F. YOUNG, P. O. F., 275 Tremont St., Springfield, Mass.

**DAISY FLY KILLER**—It attracts anywhere, indoors and out, all kinds of flies, house flies, stable flies, etc. Kills all and keeps them off. Made of wood, oil, and is safe for use. It is the best fly killer ever. Write for name and address. W. F. YOUNG, P. O. F., 275 Tremont St., Springfield, Mass.

## SIMPLY HAD TO BE DONE

Hungry Diner Forced to Strenuous Action to Secure the Only Relief in Sight.

Speaking at a political meeting Congressman Allen T. Treadway of Massachusetts referred to wartime economy and dittingly related this little anecdote.

One afternoon a man went into a restaurant and selected an Irish stew from the bill of fare. Soon the dish was placed before him, and after giving it a critical glance he removed his coat, then his vest and then his collar and necktie.

"What in the world are you trying to do, mister?" demanded the wondering waiter as the patron reached down to untie his shoes. "This isn't bedtime."

A casual glance, young man," responded the patron, "should suffice to show you that I am removing my clothes."

"But—but," objected the waiter, "you can't remove your clothes in here."

"I can't swim with them on," answered the patron, pointing to the stew, "and swim this ocean of water I must in order to reach your island of mutton."—Philadelphia Telegraph.

**The Poor New Yorker.** Customer—I'd like to get a dozen candles. Grocer—Yes, sir. What kind?

"Very best." "Let me see; your business is on Broadway and you live on Fifth avenue, do you not?"

"Right." "Well, sir, I can sell you the candles if you insist, but you know you're not allowed to have a light on Broadway or Fifth avenue just now."

**For Pimples and Blackheads.** To remove pimples and blackheads smear them with Cuticura Ointment. Wash off in five minutes with Cuticura soap and hot water. For free samples, address "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

**Very True.** Mazie—"Love makes the world go round." Jackie—"Yes," but marriage generally squares things."

After a man has been disappointed in love he develops into a first class cynic.

## THE KITCHEN CABINET

A moderate excess of food is probably harmless if not actually beneficial. It is not safe to sleep too near the wind in matters of diet.—Hutchinson.

### ARE WE USING ECONOMY?

It is the little leaks in the household which seem so unimportant that they are not noticed, which are the cause of many bankrupt homes.

Take a look into the bottom of the tea and coffee can at the end of the month, not to read your fortune (alas, many fortunes have been thus wasted by useless extravagance), but to note the sugar left undissolved in the cups. Children should be taught to stir well all foods that contain sugar, so that none is wasted.

Are the members of your family who take more food in the plate than they can eat leaving it to be wasted? If so, they are worse than ungrateful. If they neither love their country nor their fellow man.

Are you careless about waste in preparing vegetables, spilling food in cooking, serving it in unsuitable quantities or in so preparing that it is uneatable? Are you spending more than a third to a half of your income for food for your family?

Are you buying foods out of season and so setting the appetite for such foods that they are not appreciated when they appear in the home market? This is a waste of labor, fuel in transportation, as well as money.

Are you buying perishable foods in such quantities that they must spoil before being used?

Do you choose the choice cuts of meat rather than the cheaper and more nourishing cuts?

Do you use such fast, low and perishable meats so that those for shipping may be saved for our soldiers?

Are you throwing away the vegetable waters in which they have been cooked, that are rich in iron as well as food?

Are you using more milk products, milk being one of our most valuable foods? Lessening the use of milk is false economy.

Are you using economy of labor, time and strength in household duties? These are fully as important as the saving of money; some of us think very differently.

To the maximum comfort for one's family with the minimum labor is worth of one's best thought and effort.

Old saying: "Cleanliness is next to godliness." Cleanliness for floors, as they write.

The thing that the world is asking: How far must he bend to break? How much can he give without matter, but only how much can he take?

### WHAT TO DO IN AN EMERGENCY.

There should be posted in a conspicuous place in every home, a list of common remedies for the most frequent accidents. Time means life in many an accident. Lives are being lost daily because of the lack of knowing what to do and acting quickly.

"Wisdom is what to do next, skill is knowing how to do it, and virtue is doing it," says David Stern.

A patient who is struck by lightning should be treated to cold water applications on the head and given the sedative one gives a threatened person, artificial respiration. The lungs must be filled with air to get them back to breathing.

For sunstroke, loosen the clothing, lay the patient in a cool, shady place and apply ice water to the head. Keep the head elevated.

For fainting, lay the patient on his back with the head lowered, allow fresh air to circulate freely around the face and sprinkle with cold water. Do not administer water or any stimulant to an unconscious person, as the muscles of swallowing are inactive and strangulation might result.

Fire in one's clothing. Do not run—lie down and roll over in a rug or carpet, keeping the face protected.

Fire in a building. Drop on the hands and knees and cover the head with your coat if possible; then crawl out, as the air is purest near the floor.

Substitution from blinding gas. Get patient into fresh air, place on his back and give a teaspoonful of spirits of aromatic ammonia in a glass of water at frequent intervals. This is a safe heart stimulant at any time.

Give two to four drops of nuxvomick every five or six hours to the asphyxiated patient.

To stop bleeding. A handful of Boil's band on the cut.

Antidote for poison. For acid poisoning, soda and milk; these are found in every home. Send for the doctor at once; do not wait to run any risks with home.

Vinegar is taken for any such poison as is. Oil of all kinds is a good remedy to keep a small bottle of.

Mustard and water causes vomiting.

If ammonia is taken by accident, give fresh milk, olive oil, and wash the face with water. Starchine demands a quick genetic of people. This is also a good remedy to keep a small bottle of.

Never Maxwell

## EASY TO MISJUDGE CHILDREN

Youngsters Called "Stupid" in Early Years Have Later Been Found Possessed of Genius.

Let me remind you of the sufferings of the "stupid" child. Real stupidity is a great affliction, but one which rarely receives the sympathy it should so much in need of. Now, many children who are thought stupid, are not stupid at all. They may have certain defects of a physical nature which can be remedied, or their schooling and education in general is of a kind that is not adapted to their special needs.

If flogging with figures, erroneously called arithmetic, is made a test of intelligence, then the constructive or artistic genius of a child may remain undiscovered; and if parents and teachers judge those children to be bright who can, by so-called parsing, arrange the dead bones of the language in artificial order, or who shine out from the others by brilliant recitations and unchildlike discussions of adult problems at graduation exercises, then the dreamer, the philosopher and the poet will pass for duffers.

It is only too true that many of our greatest minds have been considered absolute failures during their school career, not to say in the homes of their childhood. How many of them had to assert their native capacities against the most violent resistance of those who were too blind to perceive the divine spark in their children's souls?—Dr. Maximilian P. E. Grossmann in June Humanitarian.

**Army Makes Record Meat Purchase.** Chicago.—The largest single order for bacon and canned meats in the history of the world—25,000,000 pounds of bacon and 124,000,000 pounds of canned meat—has just been placed by the Quartermaster's Department, U. S. A., for the American Army overseas.

Louis F. Swift, in commenting on this, said the order will take the bacon from approximately 1,500,000 hogs, and if other work were dropped to produce it, would be equivalent to the total bacon production of the five largest Chicago packers for nearly five years. However, six months will elapse before delivery is to be completed.

"At the current prices on the day last week, when the purchase was made, the packers would pay the five-stock producers about \$50,000,000 for the necessary hogs and over \$50,000,000 for about 900,000 cattle required. The cattle will cost as much as, and the hogs two and one-half times as much as in the pre-war period.

The whole order will be made up before the first of the year, despite the fact that, even before this purchase, one-fourth of the packers' facilities have been devoted to filling military demands. In order to get out the canned goods the packers will find it necessary to employ night and day shifts of canners. Notwithstanding the fact that the products are being rushed forward that hurriedly, not a single complaint has been received of meats delivered to the armies abroad.

The five packers are now killing about 500,000 hogs weekly to keep abreast of martial and domestic needs.

**Brother's Privilege.** "No, Mr. Doolley," said the sweet girl, "I can only be a sister to you."

"Well, then," he eagerly replied, "I heard a subdued chuckle, 'as your brother, I claim the privilege of lying under the sofa while you make friends of the other fellows.'—Boston Transcript.

Things within reach come quickly to those who wait on themselves.

Some men look upon religion as a sort of moral fire escape.

What They Say. "What are the Hum shock troops?" "Why?" "Those who get one when they meet the Amiens, son."

Overheard. "Margaret irritates me dreadfully." "Why?" "She is so feminine." "My, but she must be getting odd!"

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## WEAK KIDNEYS MEAN

A WEAK BODY

When you're fifty, your body begins to break a little. The finger. Motion is more slow and deliberate. "Not so young as I used to be" is a frequent and unwise comment. Certain bodily functions upon which good health and good spirits so much depend, are impaired. The weak spot is generally the bladder. Unpleasant symptoms show themselves. Painful and annoying complications in other organs arise. This is particularly true with elderly people. If you don't know how, this trouble can be obviated.

For over 200 years GOLD MEDAL Castor Oil has been relieving the inconvenience and pain due to advancing years. It is a standard, old-time home remedy, and needs no introduction. These are easier and more pleasant to take than the oil in bottles.

Each capsule contains about one dose of five drops. Take them just like you would any pill, with a small swallow of water. They soak into the system and throw off the poisons which are making you old before your time. They will quickly relieve

those stiffened joints, that backache, rheumatism, lambs, sciatica, all these, "bricks duty," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs.

**GOLD MEDAL Castor Oil.** It cleanses the kidneys and purifies the blood. They frequently ward off attacks of the dangerous and fatal diseases of the kidneys. They have a beneficial effect, and often completely cure the disease of the urinary organs, allied with the bladder and kidneys.

If you are troubled with excessive action of the joints or with "stiff" aches and pains in the back take warning; it may be the preliminary indications of some dreadful malady which can be warded off or cured if taken in time.

Go to your druggist today and get a box of GOLD MEDAL Castor Oil Capsules. They are guaranteed if they do not help you. Three size. GOLD MEDAL are the pure, original, unadulterated Castor Oil Capsules. Accept No Substitutes.—Adv.

Hot summer days upset the strong stomachs as well as weak ones.

Your vital forces reach their lowest level when the weather is the hottest. Then the danger is the greatest.

You can't guard your stomach and bowels too carefully through the long hot season. Don't take any chance. Indigestion, sour stomach, that wretched, bloated feeling, belching, food repeating, pains that claw at stomach and bowels and an endless train of stomach ills that make life miserable are greatly aggravated in the hot weather.

This year of all others—it is vital that we keep our strength and full power at work. The extra war power, change of diet—all must be looked after because they hit us in the stomach. And now

it is good news to tell you that tens of thousands are now using EATONIC—for all stomach and bowel ailments caused by too much acidity with such truly wonderful results that every one should always have it in the house.

EATONIC Tablets stop the cause of indigestive and dyspeptic ailments by neutralizing the poisonous acids, acids and gases largely the result of impurity. They soothe the stomach, pain-free and ready to perform its proper work.

You can have a good appetite in hot weather to eat the things you like when you want them if you take one or two EATONIC Tablets after each meal. Such quick, wonderful relief would seem unbelievable but for the fact that thousands of sufferers everywhere have received the same wonderful results from EATONIC. Obtain a large box of EATONIC Tablets from your own druggist who you know and trust.

If they fail, go back to him and he will gladly refund your money. Do this today. You will then know that your stomach comfort means hot weather.

**Scenes of Prosperity** Are Common in Western Canada

The thousands of U. S. farmers who have accepted Canada's generous offer to settle on homesteads or buy farm land in her provinces have been well repaid by bountiful crops of wheat and other grain at \$15 to \$30 per acre—get \$2 a bushel for wheat and raise 25 to 45 bushels to the acre you are bound to make money—that's what you can do in Western Canada.

In the provinces of Manitoba, Saskatchewan or Alberta you can get a **HOMESEAD OF 160 ACRES FREE** and other land at very low prices.

During many years Canadian wheat fields have averaged 20 bushels to the acre—many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley, and Flax.

Mixed Farming is as profitable an industry as grain raising. Good schools, churches, markets, convenient climate, excellent. Write for literature and particulars as to reduced railway rates to Sept. of Immigration, Ottawa, Can., or to

M. V. McNEVES, 175 Jefferson Ave., Detroit, Mich., Canadian Government Agent.

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## Fresh Beef Travels on a Rapid Schedule

Fresh beef for domestic markets goes from stockyards to retail stores within a period of about two weeks. Although chilled, this meat is not frozen; hence it cannot be stored for a rise in price.

A steer is dressed usually within twenty-four hours after purchase by the packer. The beef is held in a cooler at the packing house, at a temperature a little above freezing, for about three days.

It is then loaded into a refrigerator car where a similar temperature is maintained, and is in transit to market on an average of about six days.

Upon arrival at the branch distributing house, it is unloaded into a "cooler", and placed on sale.

Swift & Company requires all beef to be sold during the week of arrival, and the average of sales is within five days.

Any delay along the above journey means deterioration in the meat and loss to the packer.

Swift & Company, U. S. A.

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