SELF DEFENSE

Defeat Backache and Kidney Trouble With Anuric

Many people in this section have suffered from rheumatism and kidney trouble and have found that Anuric was the most successful remedy to overcome these painful and dangerous ailments.

The lucky people are those who have suffered, but who are now well because they heeded nature's warning signal in time to correct their trouble with that wonderful new discovery of Dr. Pierce's called "An-u-ric" (double strength). You should promptly heed these warnings, some of which are dizzy spells, backache, irregularity of the urine or the painful twinges of rheumatism, relative or lumbago. To delay may make possible the dangerous forms of kidney disease, such as stone in the bladder. If you want quick relief buy Anuric now (50c a package)—or send Dr. Pierce 10c for trial pkg. This will prove that "Anuric" eliminates uric acid as hot water melts sugar.

Cost of Feeding Nippon's Soldiers.

It costs about 43 sen a day (about 22 cents) to feed a private in Japan's Second Imperial body guard regiment, according to an officer quoted in Yomiuri, a vernacular paper. Of this, 15 sen goes for a quart of rice and barley (30 per cent barley) and 18 sen for meat and vegetables. This sum is not as small as it seems, as everything is one-third under market price when bought for the army. For breakfast, in addition to the cereal, bean soup is served, and for lunch and supper the menu includes vegetables and fish or meat. Cooking and distribution is carefully done by a staff of 20 men, including three lieutenants, three sergeants and 14 privates—or one cook for every 90 men in a regiment of 1,500. Unused food is sold to cheap eating houses, the money thus gained being spent for extra dishes on festive occasions.

GREEN'S AUGUST FLOWER

Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick headache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulates digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. Sold in all civilized countries. 30 and 90 cent bottles.—Adv.

Preparedness.

"I presume that young woman is knitting for the soldiers."

"Yes. She has three sweethearts in the army."

"Ahem! Isn't that too many?"

"No. You see, there are the casualties to consider. She isn't going to die an old maid if she can help it."

The Quinine That Does Not Effect Head

Because of its tonic and laxative effect, Laxative Bromo Quinine can be taken by anyone without causing nervousness or ringing in the head. There is only one "Bromo Quinine." E. W. GROVE'S signature is on box. 30c.

Mrs. Mary Ball of Pittsburgh, Pa., has 24 children.

You can nip colds in the bud—Clear your head instantly—

Try Kondon's for the Cold-in-head

(at no cost to you)

$10,000,000 have used this 25-year-old remedy. For chronic catarrh, sore nose, cough, colds, sneezing, nose-bleed, etc. Free sample for permittees. 1c. postal or buy tube at druggist's. Relief in seconds. FOUR times more than 10 cents, or we pay money back. For trial can free write to—

KONDON MFG. CO., MINNEAPOLIS, MINN.

KONDON'S CATARRHAL JELLY

Every Woman Wants Paxtine ANTISEPTIC POWDER

FOR PERSONAL HYGIENE

Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co, for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. 50c. all druggists, or postpaid by mail. The Paxton Toilet Company, Boston, Mass.

MICHIGAN WOMEN

Hudson, Mich.—"I had woman's trouble and Favorite Prescription cured me in a very short time. I also used Dr. Pierce's Cough Remedy and found it to be the very best. I can heartily recommend Dr. Pierce's medicines; they are the very best on the market today."—MRS. IDA SPOONER, 108 Japps St.

The Favorite Prescription contains no alcohol or any narcotic. It is extracted from native roots and herbs, and can be had at any drug store in either liquid or tablet form; or send Dr. V. M. Pierce, Buffalo, N. Y., 10 cents for trial package of tablets.—Adv.

Eyesight Basis of Wager.

An Irishman and an Englishman met one day and they had a very heated discussion. Pat, who had only one eye, attracted the Englishman's attention, when he said:

"Those are grand eyes you have."

"How much grander are those you have," said the Englishman in answer.

"I thought," replied Pat, "ye Englishmen were good grammarians. I have but one eye, and you could not say 'those.'" Then Pat, who was anxious to outdo the Englishman from a point of wit and humor, said:

"I bet you 25 shillings to your one that I can see more with my one eye than you can with your two."

"Done," said the Englishman. "It's a bet."

And Pat, in his truly witty manner, vociferated:

"Arrah, shure, I with my one eye can see your two, whereas you with your two eyes can only see my one."

The Englishman collapsed.

KIDNEY TROUBLE NOT EASILY RECOGNIZED

Applicants for Insurance Often Rejected

An examining physician for one of the prominent life insurance companies, in an interview of the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

We find that Swamp-Root is strictly an herbal compound and we would advise our readers who feel in need of such a remedy to give it a trial. It is on sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Almost Got Into Trouble.

Miss Oldmaid opened her garden gate, a yapping little lapdog shot out like a catapault and snapped at the bare knees of some little toddlers who were passing.

A special constable thought it his duty to give the little beast a slap and push it back into its own garden. Miss Oldmaid saw him do it and descended upon him in wrath.

"How dare you," she cried. "How dare you hit my boofoo wee Trotty! You horrid man! You brute! If you don't go away this moment, I'll—I'll call a policeman!"

HEAL ITCHING SKINS

With Cuticura Soap and Ointment—They Heal When Others Fail.

Nothing better, quicker, safer, sweeter for skin troubles of young and old that itch, burn, crust, scale, torture or disfigure. Once used always used because these super-creamy emollients tend to prevent little skin troubles becoming serious, if used daily.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Proving It.

"Our friend Bessie seems to have quite an open disposition."

"Quite. She never shuts up."

To Cure a Cold in One Day

Take LAXATIVE BROMO QUININE Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 30c.

Norway prohibits exportation of asbestos.

The KITCHEN CABINET

They will ask you "What have you done?"

Not "Who were your ancestors?"

The famous veil in the sanctuary is not reverenced by the faithful because it came from the silk worm.—Sandi, the Persian Poet.

THE MELLOW MARSHMALLOW.

Many a common dish is changed into a most tasty one by the addition of a few marshmallows. Drop in the cut-up marshmallows while heating the icing for the cake; they will melt entirely if fresh and make most delicious frosting. To make pudding sauces melt them in a little grape juice if the sauce is to be served with a fig or plum pudding, a little vanilla if used with prune or date or with gingerbread.

Cream pie, chocolate pie or custard is made quite elegant by decorating the top with quartered or whole marshmallows just before putting on the meringue.

An apple pie made of thickened apple sauce, covered with marshmallows instead of a meringue is both delicious and pleasing to the eye. The pie should be set in the oven to puff and brown the mallows before serving.

Fudge, cream candy and boiled icing stay moist longer and are creamier if marshmallows are added to them.

In any candy they may be dropped in and stirred until dissolved while the candy is cooking.

Delightful marguerites are made by putting a marshmallow, dented in the center, where a bit of butter, a nut or a bit of dried fruit may be placed, all on a round cracker, browned in the oven.

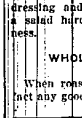
When serving children cocoa, a marshmallow pleases them better than cream for a garnish to the cup of cocoa or chocolate.

A boiled custard is improved by adding a handful of marshmallows to the custard when cooking.

Gingerbread cut in squares while hot with a fork, the pieces broken open and a marshmallow placed sandwich fashion in each, then set in the oven to melt, served with whipped cream and a cup of tea, makes a most delectable cake for an afternoon tea.

Dates and prunes stuffed with marshmallows add variety. Mixed with various fruits, a bit of salted dressing and whipped cream, makes a salad hard to equal for delicious-ness.

WHOLESOME DISHES.



When roasting mutton, lamb, or in fact any good-sized cut of meat, if one uses a sharp knife, making soft pockets to insert bits of fat, onion, garlic, pepper, or other seasoning, the meat will be much better seasoned than with the usual all-over method which is too apt to oversaison the gravy.

Corn Chowder.—Take an inch thick slice of fat salt pork, and one small onion, one and a half cupfuls of corn, one and a fourth cupfuls of sliced potatoes, a fourth of a teaspoonful of pepper, one and a half cupfuls of hot milk, two tablespoonfuls of butter and a teaspoonful of salt. Cut the pork in bits and cook in a frying pan until brown and all the fat is tried out, add the onion and cook it until yellow. Pour boiling water over the potatoes and cook five minutes, then drain. Pour a cupful and a half of boiling water on the onion and pork and simmer 20 minutes, strain this water over the potatoes and cook until they are nearly done, then add the corn, milk and butter with seasoning. Serve very hot with crackers that have been soaked in boiling water, then added to the chowder. Codfish may be used in place of the corn, or in fact any fresh cooked fish.

Graham Cracker Cake.—Take one and a fourth cupfuls of sugar, one and a half cupfuls of sour milk, two tablespoonfuls of butter, two eggs, a teaspoonful of salt and the same of soda, with 32 graham crackers rolled very fine. Mix and bake in two layers. Use lemon filling.

Chicken Croquettes.—Make nice, shapely cakes of well-seasoned mashed potato, cook until brown in hot fat. Remove to a hot platter, make a deep depression in each, fill with hot minced and well seasoned chicken, sprinkle with buttered bread crumbs or riced egg yolks for a garnish.

Boiled rice with tomato, chopped green pepper, a little onion added to a very small amount of meat, will make a most filling main dish. Bake in the oven until thoroughly heated through.

Creamed Potatoes.—The very best creamed potatoes are prepared from the freshly cooked vegetable. Cut the potatoes in cubes and cook in boiling salted water. While they are cooking prepare a rich white sauce, using four tablespoonfuls of butter and four of flour, cook until thick, then add a pint of milk, the richer the milk the better, the white sauce, season well, then stir in the well-drained potatoes, piping hot. Grated cheese or onion juice may be added if desired. Mixing the hot potatoes in the seasoned sauce, they are better seasoned than the cold potatoes will be when added.

Nellie Maxwell

Based On Cost Per Tablet

It Saves 9½c.

HILL'S CASCARA QUININE

No advance in price for this 26-year-old remedy—25c for 24 tablets—Same cold tablets now 38c for 24 tablets—Figured on proportionate cost per tablet, you save 9½c when you buy Hill's Cures Cold in 24 hours—grip in 3 days—Money back if it fails. 24 Tablets for 25c. At any Drug Store

Rectifying her Mistakes.

In the midst of war England has discovered the absolute necessity of rebuilding her school system, of returning to a shorter workday in her factories and of encouraging the upbuilding of the child welfare agencies that gave up their activities earlier in the war, notes the Red Cross Magazine. Sir Herbert Fisher asked in parliament last spring for an increase of £3,820,000 over last year's educational budget. The committee on juvenile education has recommended a general fourteen-year age limit for leaving school throughout England with the abolition of all exemptions, and the establishment of day continuation schools for children between fourteen and eighteen with compulsory attendance for at least eight hours a week.

State of Ohio, City of Toledo, Lucas County—ss.

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. 1886.

(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.

Why of Course.

Though thoroughly patriotic, Johnny, aged nine, dining with his mother in one of the cafeterias on wheatless day, could not understand why he should eat corn bread instead of the usual white bread, relates the Indianapolis News.

In the argument that ensued his mother, losing her temper, ordered the young man "to get outside of his portion of bread right away."

After a thoughtful moment, Johnny commented: "Mother, then I would be the peelin', wouldn't I?"

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the Signature of Chas. H. Fletcher. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Panicky Times.

"He is so terribly frugal."

"Frugality, my dear, is a sign of artistocracy nowadays."

Natural Place.

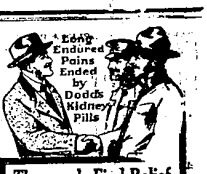
"So Bill dressed up his story?"

"Yes, and then took it to a swallow tale party."

A WOMAN IS AS OLD AS SHE LOOKS

A wrinkled, careworn face can easily make a difference of twenty years in a woman's appearance. A wonderful preparation recently introduced into this country from Egypt, where it has been used for centuries, consists of a combination of nut-oils, which rubbed into the skin every night before retiring, soon drives away wrinkles and makes the skin soft and velvety. Usit is the name given to this preparation and a handsome opal bottle of Usit, delicately perfumed, will be sent to any address. For further distribution a bargain. Once only. Try Usit Face Powder de Luxe, which is no ordinary face powder, but a preparation appealing to the people of discriminating and refined taste. Four tints—flesh, white, pink and brunette. Delicately perfumed. One 50c bottle Usit and one 50c box Usit Face Powder de Luxe for 75c. Address Usit Mfg Co., 895 Main street, Buffalo, N. Y.

One man may speak for another, but one woman can't talk for another with any degree of satisfaction.



Long Endured Pains Ended by Dodd's Kidney Pills

Thousands Find Relief

IN THE RELIABLE OLD SAFEGUARD

DODD'S Kidney Pills

In all parts of the country, every day, sufferers are freed from kidney troubles are saying: "Goodbye backache, goodbye, pains. Dodd's Kidney Pills have settled you for good." They know the efficacy of this fine old remedy which so many people have employed with success. You can be free from Kidney Ills, from Diabetes, Bright's Disease, and Dropsy. If you have, beneath only to find the kidneys with Dodd's Kidney Pills. So sure you are to get the best the same with Dodd's. It protects you.

Every Druggist Sells Dodd's and refunds your money if dissatisfied

W. N. U., DETROIT, NO. 49—1918.

Canadian Farmers Profit From Wheat

The war's devastation of European crops has caused an unusual demand for grain from the American Continent. The people of the world must be fed and wheat near $2 a bushel offers great profits to the farmer. Canada's invitation is therefore especially attractive. She wants settlers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops.

You can get a Homestead of 160 acres FREE and other lands at remarkably 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 as profitable an industry as grain raising. The excellent grasses full of nutrition are the only food required for beef or dairy purposes. Good schools, churches, markets convenient, climate excellent.

There is an extra demand for farm labor to replace the many young men who have volunteered for the war. The Government is urging farmers to put extra acreage into grain. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Canada or

M. V. MacINNES
176 Jefferson Ave., Detroit, Mich.
Canadian Government Agent

Carter's Little Liver Pills For Constipation

The Great Vegetable Remedy

CARTER'S LITTLE LIVER PILLS.

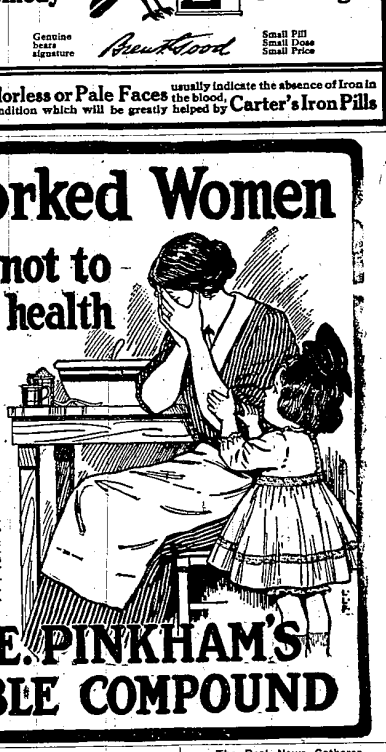
Puts You Right Over Night

Genuine bears signature Brent Good

Small Pill Small Dose Small Price

Colorless or Pale Faces usually indicate the absence of Iron in the blood, a condition which will be greatly helped by **Carter's Iron Pills**

Overworked Women must learn not to neglect their health



How Women are Restored to Health

Spartanburg, S.C.—"For nine years I suffered from backache, weakness, and irregularities so I could hardly do my work. I tried many remedies but found no permanent relief. After taking Lydia E. Pinkham's Vegetable Compound I felt a great change for the better and am now well and strong so I have no trouble in doing my work. I hope every user of Lydia E. Pinkham's Vegetable Compound will get as great relief as I did from its use."—Mrs. S. D. McArrs, 123 Dewey Ave., Spartanburg, S. C.

Chicago, Ill.—"For about two years I suffered from a female trouble so I was unable to walk or do any of my own work. I read about Lydia E. Pinkham's Vegetable Compound in the newspapers and determined to try it. It brought almost immediate relief. My weakness has entirely disappeared and I never had better health. I weigh 155 pounds and am as strong as a man. I think money is well spent which purchases Lydia E. Pinkham's Vegetable Compound."—Mrs. Jos. O'Brien, 1153 Newport Ave., Chicago, Ill.

YOU CAN RELY UPON

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

FLOATING specks before the eyes, dizzy spells, palpitation of the heart, less appetite or craving for sweet or sour kinds of food—are signs of self-poisoning by products of poorly digested or imperfectly eliminated food waste which have entered the blood.

Beecham's Pills assist to restore normal action of liver, stomach and kidneys.

BEECHAM'S PILLS

Directions of Special Value to Women are with Every Box. Sold by druggists throughout the world. In boxes, 10c., 25c.

Rural Persiflage.

"What drives the cattle to drink?"

"I suppose it is rye fields."—Baltimore American.

Hawaii is canning tuna fish for export.

After the Movies Murine Is for Tired Eyes. Red Eyes—Sore Eyes—Granulated Eyelids. Heats—Refreshes—Restores. Murine is a Favorite Treatment for Eyes that feel dry and smart. Give your Eyes as much of your loving care as your Teeth and with the same regularity. CARE FOR THEM. YOU CANNOT BUY BEN EYE! Sold at Drug and Optical Stores or by Mail. Ask Murine Eye Remedy Co., Chicago, for Free Book.

Privilege.

"Is Biggins a friend of yours?"

"He must be. None but a friend would dare be so unkindly critical.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative, three for a cathartic. Ad.

If a poor man has the sand he may win a rich girl with the rocks.

French Indo-China makes rice straw into fuel bricks.

Britain orders grain sold by weight.

The Real News Gatherer.

"What's the news?"

"How should I know? I'm not a censor."

Japan's 1916 exports were valued at $562,042,857.

PERSISTENT COUGHS are dangerous. Relief is prompt from Piso's Remedy for Coughs and Colds. Effective and safe for young and old. No opiates in

PISO'S