

## HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches all the time, was tired and had no ambition for anything. I had taken a number of medicines which did not help. One day I read about Lydia E. Pinkham's Vegetable Compound and what it did for me, so I tried it. My nervousness and backache disappeared. I gained in weight and strength so I can truly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELICE B. LYNCH, 105 Pleasant St., Providence, R. I.

Backache is a symptom or nature's or warnings which indicate a functional disturbance or an unhealthy condition which often develops into a more serious disease.

When this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, the special physician writes to Lydia E. Pinkham Med. Co., Lynn, Mass.

## Dr. Kellogg's Asthma Remedy

For the prompt relief of Asthma and Hay Fever. Ask your druggist for 25¢ a bottle. Send a dollar. Write for FREE SAMPLE.

Northrop & Lyman Co., Inc., Buffalo, N. Y.



**PARKER'S HAMMAM**  
A Doctor's Preparation of Hammam  
Herbs to Graduate  
Beauty to Care for Faded Hair  
and Skin.

For Sale 20 new fair, beautiful, import  
quality Hammam. Each box  
contains Hammam and perfume. All  
postage paid. Write for full information  
and send \$1.00. Mrs. V. VAN SICKLE, Laramie, Wyo.

It is illegal in Saskatchewan, this year, to destroy straw stacks in accordance with a general farm statute in the Canadian as well as in the United States West. In the past, farmers, after setting aside stacks for the winter, would burn the stacks.

The war is threatening the belief, in country as well as in town, that there are such things as useless reminders. Straw has become a necessary raw material, in the order prohibiting its destruction, may be followed by much destruction, the wholesale burning of animal leaves, instead of using them for fertilizing purposes.

## OLD PRESCRIPTION

### FOR WEAK KIDNEY

Have you ever stopped to review what is in your medicine chest that is frequently advertised, all at once, out of sight and are soon forgotten? It is plain—the article did not fulfill the promises of the manufacturer.

A medicinal preparation that has a curative value almost fails, though it is an endless chain of the remedies recommended to those who have been benefited, to those who are in need of it.

A prominent druggist says, "Take for example Dr. Kilmer's Swamp-Root, a preparation that has sold well, but has not been able to be recommended for a almost every case it shows excellent results, as many of my customers testify. No other kidney remedy that I know of has been so well received."

According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmer's Swamp-Root is due to the fact that so many people claim, it fulfills almost every wish in overcoming kidney, liver and bladder ailments, corrects urinary trouble and relieves the urethra and with certain rheumatism.

You may receive a sample bottle of Swamp-Root by Pared Post, Address Dr. Kilmer & Co., Birmingham, N. Y., and consider it a good investment. This paper, Large and medium size bottles for sale at all drug stores—Adv.

**Vigilance.**

"Many a man would be proud to stand in your shoes,"

"I don't doubt it," replied Senator Sorgum. "Politely out my way, so expensive that a man might expect to lose his shoes almost as easily as his reputation."

**Cuticura Beauty Doctor.**

For cleansing and beautifying the skin, hair and hair, Cuticura Soap and Cream afford the most effective preparations. For free samples address "Cuticura, Dept. X, Boston." At druggists and by mail. Soap, 25, Ointment 25 and 50—Adv.

What the Huns forgot was that the lines of truth bend a little but they never cave in.

**Your Granulated Eyelids.**

Eyes, inflamed by exposure to Sun, Dust and Wind quickly relieved by Nurse Eyes.

Just a few drops.

For free samples mail 5¢ per bottle.

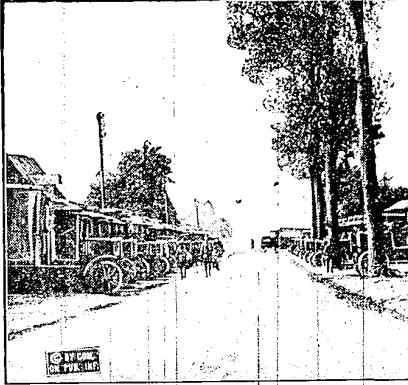
For book at the Eye Free write

Marine Eye Remedy Co., Chicago.

## For School Wear, Sturdy Ginghams



## AUTOMOBILES ARE VERY NECESSARY IN MILITARY SERVICE OF UNITED STATES



Ammunition Trucks Awaiting Darkness to Cover Their Trip to the Front—First Division Ammunition Train.

There is no doubt that the automobile is a necessity in business and civil life today. Neither is there any doubt that it is equally necessary in the military service of the United States, both overseas and on this side.

The Transportation corps, the aviation section of the signal corps, the ordnance department and other sections of the army are using hundreds of motorcars and motortrucks, and adding great numbers to the fleets already in service here and across the Atlantic.

Though the government has asked that manufacturers curtail their production of passenger cars for civilian use, there has been no curtailment so far as military cars are concerned. These are leaving factories in great fleets, being driven overland to army camps or to Atlantic seaports for shipment abroad.

The army has taken a leaf out of the book of civilian life, and quickly learned that efficient, economical transportation of men and materials, and rapid communication between distant points, is best accomplished by motor-vehicles," said C. R. Dashiel, Chicago automobile agent.

## VALVES MUST BE ADJUSTED RIGHT

Engine Will Not Run Correctly If They Are Not Given Proper Attention.

## LIFTERS OFTEN NEGLECTED

When Motor Loses Power Trouble Is Usually Laid to Carburetor or Faulty Ignition—Wise Plan to Examine and Reset.

Proper adjustment of valve lifters is important in the car if it is to give maximum efficiency. If they are properly adjusted, the lifters remain in the valves and last longer. Because they are not right out in plain sight the valve lifters are many times neglected until they force themselves to the owner's attention.

Ordinarily when the motor loses power the fault is attributed either to the carburetor or to faulty ignition and many times it is hard to convince the owner that it is valve lifters which are accountable for the inability to climb hills and obtain the speed on the level to which he is accustomed.

**Examine and Reset.**

They become too big, due to the fact that the valve lifters are too small and can become too wide. By stopping the motor, removing the valve plates and shaking them up and down one may locate the ones out of adjustment. Sometimes more than one is at fault and it is a good policy to examine and reset all while at it.

**Examine the adjustment carefully to the extent that the engine will run.**

They become too wide. By stopping the motor, removing the valve plates and shaking them up and down one may locate the ones out of adjustment. Sometimes more than one is at fault and it is a good policy to examine and reset all while at it.

**Examine the adjustment carefully to the extent that the engine will run.**

The valves are too small. If the clearance is not enough the engine will lose compression and with it a great deal of power. This is due to the fact that as the engine heats up the valve stem lengthens. As they grow longer, they use up the space between the valve stem and the valve lifter. If the space is too small the valve stem rests on the valve lifter. It is the valve stem that is the head of the valve. It lifts off its seat in the cylinder, opening the valve and so losing compression.

**Clearance Too Great.**

If the valve clearance becomes too great the valves open late and close early. Since they should move exactly as the designer intended, it is evident that the engine will not run well.

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