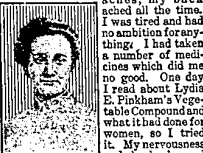


HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELINA B. LYNCH, 100 Plain St., Providence, R. I.



Backache and nervousness are symptoms of nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment. Women in this condition should 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—and for special advice write 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 it. It costs one dollar. Write for FREE SAMPLE.

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

PARKER'S HAIR BALM
A toilet preparation of merit. Promotes the growth of the hair. For itching scalp, dandruff, and all hair troubles. It is sold in 25-cent and 50-cent bottles. Write for FREE SAMPLE.

It is found in Saskatchewan, this year, to destroy straw stacks in accordance with a general farm order in the Canadian as well as in the United States West. In the past, farmers, after setting aside sufficient straw for their own use, burned the apparently useless remainder. The war is dispelling the belief, in countries as far as in town, that there are such things as useless remainders. Straw has become a necessary raw material, and the order prohibiting its destruction may be followed by much profitable, the wholesale burning of straw leaves, instead of using them for fueling purposes.

OLD PRESCRIPTION FOR WEAK KIDNEYS

Have you ever stopped to reason that so many private prescriptions that are tentatively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not live up to the promises of the manufacturer. It applies more particularly to a certain medical preparation that has been advertised for years almost with incessant claims that it is an endless chain system the remedy recommended by those who have benefited, to those who are in need of it. A prominent druggist says, "I have used Dr. Kilmer's Swamp-Root for many years and never hesitate to recommend it for almost every case of kidney trouble. As many of my customers testify, no other kidney remedy that I know of has so large a sale."

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 all most every wish in overcoming kidney, liver and bladder ailments, corrects urinary troubles and neutralizes the uric acid which causes rheumatism.

You may receive a sample bottle of Swamp-Root by Parcel Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents; also mention 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," replied Senator Sorghum. "Politics out my way got 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, hands and hair. Cuticura Soap and Ointment afford the most effective preparations. For free samples and literature, "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 sometimes bend a little but they never cave in.

Your Granulated Eyelids.
Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Muslin Eye Remedy**. Just Eye Comfort. At Your Druggist or by mail 60¢ per Bottle. For Book at the Eye Free with **Muslin Eye Remedy** Co., Chicago.

For School Wear, Sturdy Gingham



Ginghams are to be called upon to do service for school wear, all the year round, now that war cuts up all the wool that formerly went into dresses and other strong stuffs. They are as sturdy as the Scots—one can say no more than that, and they are woven in all the shades and checks that were ever thought of. They are the foremost of the strong, firmly woven and pliable cottons that are taking the place of wool in dresses for children.

There are several plain cotton fabrics in these heavy weaves that are made up with ginghams in combinations that make smooth sailing for designers, giving unending opportunities for varying even the simplest dresses. A dress for a girl of eleven—most of less—shown in the illustration above, employs plain cotton-gabardine in the waist with plaid gingham in the skirt and for the collar and cuffs. The prevailing color in the plaid is a warm brown matched by the brown in the plain material. Cross bars in strong tones of blue green and some red.

It is noteworthy that the pockets are set on the diagonal of the weave,

so that the bars in the gingham run across them obliquely. Plaids make possible many little tricks of this kind and designers delight in them. But ornamentation must not be overdone and one must know just when to leave off in this particular—a very little goes a long way in gingham school frocks. A novel touch in this dress, and one that is altogether harmonious, lies in the narrow patent leather belt that replaces the usual belt of the fabric. There is something about it that lends style to this very excellent little dress.

The darker gingham dresses need not be tubbed often. They are to be worn, just as seers are, occasionally pressed, and protected by aprons if necessary, when school hours are over and play makes them liable to rough treatment.

To Remove Ink.
To remove ink from fingers wet the fingers and then rub with the phosphorus end of a match. Wipe the fingers and repeat until stain disappears.

They are making woolen stockings in fancy colors and in varied designs.

For Outer Wear, Short Fur Coats



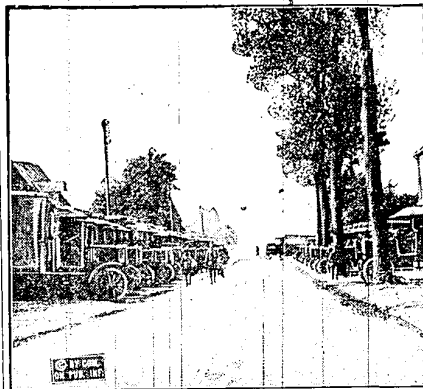
Either for the sake of change in style or because long coats are somewhat burdensome to wear, or because of conservation in everything, this is to be the winter of short fur coats. They are recommended as a substitute for wool; no less a personage than the head of a great association of furriers maintains that they are really cheaper than wool and that it is a matter of patriotism to wear them. A fur coat will outwear any other, usually surviving several seasons, and, considered in that light, it is a cheaper coat than wool, worn only for a season.

Inexpensive skins are recommended for the utility coats that are expected to become popular. Natural muskrat, natural and dyed squirrel, dyed hare are inexpensive as fur goes. Even Hudson seal which is dyed muskrat—its rich appearance associates it with other more expensive pelts used for trim-

ming it, and for collars and cuffs, so that accessories cost as much as the coats themselves. This is the case of the handsome short best pictured. It has a broad collar, deep cuffs and band at the bottom of lovely martlet fur and is typical in its lines of the fashionable short coats in other fur. There is nothing so comfortable for cold climates as the fur coat, but it is not obliged to consider severe weather, fur capes and wide fur scarves command themselves as more graceful and wearable than coats. This season there are those new capes, that are a sort of compromise between cape and scarf which have already won many devotees. And always there is the scarf and suit set, far above the coat in the showing, showing no abatement in its popularity.

Julia Borden

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 motorcar 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 quartermaster 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. Dashiell, 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 vital to the car if it is to give maximum efficiency. If they are not properly adjusted, the best engine in the world will lose power. Because they are not right often in place, slight valve lifters are many times neglected until they force themselves to the owner's attention.

Ordinarily when the motor loses power the fact 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 his inability to climb hills and obtain the speed on the level to which he is accustomed.

Examine and Reset.

They become noisy, due to the fact that the distance between the lift and the cam becomes too wide. By stopping the motor, removing the valve plates and shaking them up and down 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 about it. Examine the adjustment carefully to determine if, for much damage may be caused by turning the wrong nut. One is the locking nut which must be loosened first. The adjusting nut is then set to the right distance and the locking nut again set up.

The opening should approximate 1-64 of an inch for exhaust, and 3-1000 inch for intake valves.

Business card is a good gauge for the exhaust valve, while a piece of note paper will serve for the inlet.

Clearance Too Great.
If the valve clearance becomes too great the valves open late and close early. Since they should move entirely as the designer intended, it is evident that the engine will lose power if both ends are cut off. 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. As it lengthens the head of the valve is lifted off its seat in the cylinder, opening the valve and so losing compression.

HANDY FOR CUTTING RIVETS

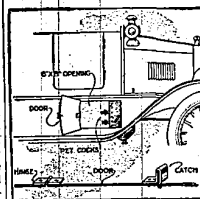
Proper Tool to Use Is Sharp Chisel—Back Up Head With Some Heavy Weight.

The proper tool to use in cutting out rivets that hold together thin metal parts is a sharp chisel. The head of the rivet should be backed up with a piece of some kind so as to prevent the chisel from cutting into the metal. An oxy-acetylene torch is the quickest method of cutting off rivet heads.

FOR TESTING LEVEL OF OIL

Trouble of Crawling Under Car Avoided by Method Outlined by a Des Moines Man.

On some light automobiles the only method provided for testing the level of oil in the crank case is to open pet cocks, which are hard to get at without crawling under the car, writes George A. Brown of Des Moines, Ia., in Popular Mechanics. By the method shown it is possible to avoid this trouble without the danger of breakage.



A Small Door in the Running-Board

Shield Overcomes Troublesome Methods of Oil-Level Testing, which is present when a gauge glass is used. A rectangular opening is cut in the running-board shield, and is provided with a hinged door. The door will not rattle if a spring catch is used, and it will be no detriment to the looks of the car if it is painted the same color.

GOOD ANTI-FREEZE MIXTURE

Alcohol Solutions Are Cheap and Effective for Automobiles and Other Engines.

The dairy farmer need not put up his automobile for the winter for fear of the engine freezing, as it has been found that alcohol solutions are cheap and effective anti-freezing mixtures for automobiles and other gasoline engines. According to W. Ives of the Ohio agricultural engineering department the strength of the mixture for various temperatures is as follows: A 10 per cent solution for 25 degrees above; 20 per cent solution for 10 degrees above; 30 per cent solution for zero temperature; and a 35 per cent solution for 10 degrees below. In case a mixture of 20 per cent alcohol freezes, this simply forms a soft mush which has no bursting power.

TURPENTINE IS VERY USEFUL

Most Satisfactory Medium for Thinning Enamel or Varnish—Alcohol Also Is Used.

Ordinary turpentine is a satisfactory medium for thinning enamel or varnish, as most motorists know. Some varnish manufacturers supply a special thinning liquid, which should be used in this instance. When it is desired to produce a quick-drying enamel, try using alcohol for thinning.

STOP WHISTLE IN MUFFLERS

Holes Are Sometimes Rough and Ragged, Causing Escaping Gases to Make Loud Noise.

The holes drilled in mufflers sometimes are rough and ragged, with the result that the escaping gases set up a whistling noise anything but agreeable. Smoothing out the rough edges will usually eliminate the unwelcome sound.

No Substitute For Dodd's Kidney Pills.

That's Why Their Sale Has Increased Wonderful for the Last Forty Years.

Don't accept a substitute for Dodd's when you know that if they didn't relieve and give permanent satisfaction they couldn't be selling to the same families for two generations. Thousands of users, who have saved themselves from the ravages of kidney troubles and Bright's Disease by the use of this famous old remedy, will accept nothing else. They know that upon the slightest backache, pain in the loins, stiffness in stooping or lifting, you must take warning and use Dodd's and Dodd's only.

You are protected by the name on the flat, round box—the name with the three D's for diseased, disordered and damaged kidneys. No article of similar name will do.

Get your box today, and start on the road to health. Druggists will gladly refund your money if not promptly relieved.

TURNED TABLES ON OFFICER

Offending Soldier Proved He Knew the Value of a Little Soft Soap, Judiciously Applied.

It was the general's inspection day and his room was heard all over the square. "Splendid!" he exclaimed as F company passed the flagstaff.

"Did you hear that, Bill?" said a ranker, just after passing the saluting base.

"You stand fast in the ranks after parade," snapped a sergeant, "for talking during inspection."

Next day he was brought before the adjutant.

"Private So-and-so, you are charged with talking in the ranks during an inspection parade. What excuse have you to offer?"

"Well," replied the ranker, "as we were passing the saluting pole I heard the general remark, 'Well done, lad! Splendid!' and, of course, me being elevated over hearing such praise, remarked, 'Yes! and you've got the smartest officer in the whole army to thank for making us splendid, and that's our adjutant!'"

"But," said the sergeant, "dismiss this man at once, and don't bring such frivolous complaints before me again!"

"Cold in the Head"

is an acute attack of Nasal Catarrh. Permeates the mucous membrane, and causes the head to feel as if it were full of water. It is a dangerous disease, and if not treated promptly, it may lead to chronic catarrh.

HALL'S CATARRH MEDICINE is taken in the form of capsules, and is the most effective remedy for this disease. It is sold in 25-cent and 50-cent bottles. Write for FREE SAMPLE.

J. J. Cheney & Co., Toledo, Ohio.

She Takes It.

"Andropus has a way of delivering an opinion as if it were positively the last word on that particular subject."

"So he has. But if he delivers his opinion in the presence of Mrs. Castoria, he soon finds out that it doesn't even approximate the last word."—Birmingham Age-Herald.

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 **Dr. J. C. Fitch**.

Use for Over 30 Years. Children Cry for Fletcher's Castoria.

India is producing more coal than all other British dependencies.

New York requires military drill for all school children.

ASTHMA INSTANTLY RELIEVED WITH ASTHMADOR

OR MONEY REFUNDED ASK ANY DRUGGIST

WHEN you wish somebody would invent something new to ease you, you need BEECHAM'S PILLS. Even when digestion is good, poisons are formed during its processes that unless eliminated irritate mind as well as body.

BEECHAM'S PILLS

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c, 25c.

DON'T KILL YOUR CATSLE BY DRENCHING

Salts and oils are DANGEROUS. Beware of the cat's paw. Beware of the cat's paw. Beware of the cat's paw.

LAXOTONIC

dry on the tongue. Positively prevents and overcomes constipation. It is the best of all laxatives. At our dealers.

Send for price list of medicine. Consult Dr. DAVIS BOWEN, about all ailments. Write him. He will send you a full information on Laxative in Care. Dr. DAVIS BOWEN, 100 Broad St., New York, N. Y.

A Bad Cough

if neglected, often leads to serious trouble. Coughs, colds, whooping cough, relieve your distress and soothe your irritated throat by taking

PISO'S