

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. ANNE E. 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. In women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

No man can choose his own father, but he can use a little judgment picking his father-in-law.

"Cold in the Head" is an acute attack of Nasal Catarrh. The patient is frequent to frequent "cold in the head" which will find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the blood and render them less liable to colds. Repeated attacks of acute catarrh may lead to chronic catarrh. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. It is Druggists Everywhere. For a full description of HALL'S CATARRH MEDICINE, write to J. Cheney & Co., Toledo, Ohio.

Talk is cheap, but someone gossip always gains currency.

GAVE UP

Had Lost Twenty-Five Pounds From Kidney Trouble. Doan's Restored His Health.

J. B. Bagless, carpenter, 210 W. 60th St., Chicago, Ill., says: "My back gave out completely and I had to quit my work. I could hardly endure the pain in my back and nights I tossed and turned, unable to sleep. I tried in the morning I couldn't stoop to dress myself. When I did manage to bend over, everything before me seemed to be whirling and sometimes I was so dizzy I had to grasp something to keep from falling. The kidney secretions were irregular in passage, getting me up at night and they burned cruelly. I lost my appetite, was weak and listless and went down twenty-five pounds in weight. After I had given up, I was persuaded to use Doan's Kidney Pills and they cured me. Soon after, I passed an examination for life insurance and I was glad to say my cure was lasting."



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Get Down's at Any Store, 60c a Box. Doan's KIDNEY PILLS. POSTER-MILBURN CO., BUFFALO, N.Y.

IDEAL HAIRDYING COMB

Simplest most magical device for drying a woman's hair in a few minutes. Every Woman Wants One. Cannot loose the Finest Hair SELLS ON SIGHT!

AGENTS 100% Profit Be A Live Wire Make \$500 to \$1000 a month and More

SPECIAL Introductory Offer Send \$1.35 for this magic comb and forever do away with the messy, snarling, disagreeable old style hair-drying worry and trouble. Used and endorsed by prominent actresses the country over.

OCEAN COMMERCIAL CORP. Dept. 1 1482 Broadway, N. Y.

Cuticura Soap is Easy Shaving for Sensitive Skins The New Up-to-date Cuticura Method

Check warranted guaranteed true Northwest Canada. Silver Black Breeding Foxes Also Red-Back-On new Silver Black Fur Rabbits. Both worth while. For sale, instructions. SEND BROTHERS, Bothwell, Ontario, Canada



ROAD BUILDING

FIRM FOUNDATION FOR ROADS Aim to Distribute Pressure Due to Wheels Concentrated on Surface—Look to Future.

(Prepared by the United States Department of Agriculture.) The purpose of a foundation for a road is distributing the pressure due to wheel loads concentrated on the road surface, so that the intensity of pressure on the subgrade will not exceed a safe unit-bearing power, and also to prevent, if possible, the crust of the road from being disturbed by the upward pressure of the subgrade due to the action of frost, ground water, or other disturbing influence. In the case of a pavement consisting of comparatively small blocks, such as vitrified brick, hollow blocks, etc., very slightly or not at all, an entire wheel load might be concentrated on only a few



Sand-Clay Road. square inches of foundation, in which case it would be necessary for the foundation to take care of practically the entire distribution of the load. On the other hand, a monolithic pavement, in which the individual units are well bonded together, might distribute the wheel loads to obviate all necessity of further distribution by the foundation. And if adequate spacings were provided and there were no danger of heaving of subgrades, the foundation might be omitted entirely.

The heaviest vehicle that ordinarily has passed over a public highway heretofore is the 15-ton traction engine. Such engines are so designed that the rear axle carries about two-thirds of the total weight, which arrangement gives a concentrated pressure on the road surface of about five tons under each rear wheel. The use of much heavier equipment is in sight, however, and unless some regulations be passed to prohibit it, the occurrence of ten-ton, or even heavier motor trucks, may become common on highways adjacent to large cities or between large centers that are only a few miles apart.

In assuming the maximum wheel load for any particular road a reasonable allowance should be made for future increase. Since motor trucks have come into use there has been a constant tendency to increase both the rates of speed and the loads they carry, and it is probable that this tendency will continue. Furthermore, many roads not now subjected to motor-truck traffic will attract such traffic after they are improved and this possibility always should be considered. Increase in the volume of traffic also may be an important factor.

START ROAD WORK IN SOUTH

All States Now Actively Engaged in Improving Highways for Better Transportation.

Road construction, which has been suspended or partly suspended in every part of the South since the United States entered the war, is resuming in all southern states on a far greater scale than ever before in the history of that section of the country. In Virginia, West Virginia and Kentucky the work of making permanent and new highways cannot get full swing during the winter season, but extensive preparations are under way in these states for intensive activity in the spring. In the balance of the southern states where no road work can be done in the winter as in the summer, big starts have already been made. Great activity is reported in Louisiana and Mississippi.

ROADS FOR PASSENGER HAUL

Highways Are Now Used to Greater Extent Than Railroads—Change Made Recently.

The need for good roads is the acknowledgment by Government officials that for passenger haul the public roads are used to a greater extent than the railroads. This condition has been created within a single generation.

Latest Markets

LIVE STOCK—DETROIT.

Best heavy steers, \$14@15; best handy weight butcher steers, \$12.50@13.50; mixed steers and heifers, \$12.50@13; handy light butchers, \$10.50@11.50; light butchers, \$8.50@9; best cows, \$10@11; butcher cows, \$8.50@9.50; Cutters, \$7@7.50; canners, \$6.50@7; best heavy bulls, \$10@12; \$7.50@9; feeders, \$10@13; stockers, \$8@10; milkers, \$6@10.

West Calves. Best \$11.50@12.50; common and medium, \$8.50@11.

Sheep and Lambs. Best wool lambs, \$11; fair lambs, \$10@11.50; light to common lambs, \$11@12.50; clipped lambs, \$15@16; fair to good sheep, \$12@13.50; culls and common, \$7@9.

Hogs. Mixed hogs averaging \$20@22.25, with bulk at that latter price. All the pigs were sold at \$19.

EAST BUFFALO.

East Buffalo—Cattle: Market 25@40 lower; prime heavy steers, \$17@17.50; best shipping steers, \$15@16; medium shipping steers, \$13.50@14; best native yearlings, 950 to 1,000 lbs., \$15@16; light yearlings, good quality, \$14@15; heavy and extra heavy, \$13.50@14.50; fair to good, \$12@13; handy steers and heifers, mixed, \$12@13; western heifers, \$12.50@13; best fat cows, \$12@12.50; butter cows, \$9@10; cutters, \$7@8; canners, \$6@7; fat and extra heavy, \$11@12; best calves, \$9@10; best feeding steers, \$10 to 1,000 lbs., \$11@12.50; medium feeders, \$13@11; stockers, \$10@10.50; light stockers, \$8@9; milkers and springs, \$7.50@8.

Hogs: market 15c lower; heavy, \$20@21; Yorkers, \$20.50@20.75; pigs and lights, \$19.50@20.

Sheep and lambs: market steady; wool lambs, \$19.50@19.75; clipped, \$16.75; yearlings, \$13.50@14; weathers, \$12.50@13.50; ewes, \$11@12.

Cattle market 50c lower; tops, \$17; calves, \$5@7.50.

GRAIN ETC.

Wheat—Cash No. 2 red, \$2.55; No. 2 mixed, \$2.33; No. 2 white, \$2.55. Cash—No. 3, \$1.82; No. 3 yellow, \$1.85; No. 4 yellow, \$1.82; No. 5 yellow, \$1.59; No. 6 yellow, 69 1/2c. Rye—Cash No. 2, \$1.72. Beans—Immediate and prompt shipment, \$7.25 per cwt. Barley—Cash No. 3, \$2.15@2.25 per cwt. Seeds—Prime red clover, \$29.50; October, \$17.25; alsike, \$25; timothy, \$5.15.

Flour—Spring patent, \$13@13.50; heavy winter patent, \$12@13.50; standard winter patent, \$12@12.50; straight winter, \$11.50@11.75 per bbl. Hay—No. 1 timothy, \$34.50@35; standard timothy, \$33.50@34; light mixed, \$33.50@34; No. 3 timothy, \$28@30; No. 1 mixed, \$25.50@28; No. 2 mixed, \$23@25; rye straw, \$11.50@12; wheat and oat straw, \$10@10.50 per ton in carlots. Feed—In 100-lb sacks to jobbers: Bran, \$46@47; standard middlings, \$46@47; fine middlings, \$46@50; cracked corn, \$29@30; rye straw, \$11.50@12; wheat and oat chop, \$5@5.25 per ton.

BUTTER, CHEESE, EGGS.

Butter—Butter: Fresh Michigan creamery, \$8@9 per lb; positive "x" creamery, \$9@10 per lb. Eggs—Fresh firsts, 41c; extra firsts in new cases, 42c; storage packed firsts in new cases, 43c; extras, 44c per doz.

Cheese—Michigan flats, 28 1/4@29 1/2c; Michigan single daisies, 28c; brick, 27 1/2c; long horns, 30c; Wisconsin double daisies, 30c; Wisconsin twins, 29 1/2c; Limburger, October make, 31@32c; domestic Swiss, 44@54c; American head cheese, 35@37c per lb.

PROVISIONS.

Detroit—Family pork, \$53; clear back pork, \$48@52; briskets, \$54 per bbl; ham, 35@37c; shoulders, 28c picnic hams, 24 1/2@25 1/2c; bacon, 40@41c; lard, 34@32 1/2c per lb.

FARM AND GARDEN.

Potatoes—Shelled, 14c per lb. Lima Beans—16@17c per lb. Honey—White comb, 32@33c per lb. Apples—Greentings, \$11@12; Baldwin, \$10@11 per bbl. Calves (dressed)—Fancy, 26@27c; choice, 22@24c per lb. Potatoes—Carrots, No. 1 round white \$3.25@3.50 per sack of 150 lbs. Dressed Hogs—Light, 23@24c; heavy, 21@22c per lb. Live Poultry—No. 1 springs, 35@38c; slugs, 30c; fat hens, 40c; small hens and Leghorns, 37@38c; roasters, 25@26c; geese, 27@28c; ducks, 38@40c; turkeys, 35@40c per pound.

Demande Quit of Tax Record.

Detroit—Former County Auditor T. Hawley Christian, now a supervisor from Wyandotte, injected a little excitement into the final meeting of the spring session of the board of supervisors when he asked that the ways and means committee investigate the method now used to check up on receipts of the mortgage tax clerk in the county treasurer's office. This is the position in which Tony Kloka was said to have been able to make away with more than \$50,000.

LIFT OFF CORNS!

Doesn't hurt at all and costs only a few cents



Magie! Just drop a little Freezone on that touchy corn, instantly it stops aching, then you lift the corn off with the fingers. Truly! No hurting!

Try Freezone! Your druggist sells a tiny bottle for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and to soothe the hot, itchy, swollen, sore, soreness of irritation. Freezone is the discovery of a noted Cincinnati genius.

The Cause of It. "What a ringing holler yonder girl has." "Well, isn't that the right kind of a voice, for a bell?"

Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney or bladder trouble, without any particle of pain, or soreness of irritation. Freezone is the discovery of a noted Cincinnati genius.

You may suffer pain in the back, headache and loss of ambition.

For health making medicine and large size bottles at all drug stores—Adv.

There may be nothing new under the sun, but the imitations frequently surpass the original.

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the general depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart, and many other symptoms. A few doses of August Flower will relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries—Adv.

Love leads all things with the possible exception of the lead.

Nervousness and Headaches Caused by Acid-Stomach

There is a much closer connection between the stomach and brain, than most people imagine. It is because of this close connection that indigestion, the stomach cold, pure, sweet and comfortable. Dentists warn us against the bad effects of acid, pointing out that the acid eats through the enamel of the teeth, causing them to decay. You can easily imagine from the amount of damage excess acid will cause to the delicate organization of the stomach!

Thousands of people are using EATONIC and the results obtained are so remarkable as to be almost unbelievable. Yet their letters of gratitude, many of which are "referred" daily, prove absolutely that EATONIC does all and even more than we claim. The medical profession, too, recognizes the great value of this wonderful stomach condition by the way your stomach. Itself, feels.

If you are very nervous, until—if you are not up to your old time form—if you lack your accustomed endurance, energy and pep—make this test which will soon be sweet and normal again, and the sick man well and holding you back—robbing you of your health, strength, and vigor. Get a big box of EATONIC from your druggist today. If it falls in any way to give you the kind of satisfaction you want, take it the form of pleasant tasting tablets back—he will refund your money. He does not want one penny of your money unless EATONIC helps you.

EATONIC FOR YOUR ACID-STOMACH

Western Canada's "Horn of Plenty" Offers You Health & Wealth



The milk of human kindness is never run through a cream separator. Some birds we know are great thinkers of second-hand thoughts.

Ever Try It? Smith—An understander of his learning to run a typewriter. What system is he using, the touch system? Brown—No; he says it's the hunt and peck system, mostly peck.

Keep clean inside as well as outside by taking a little laxative first once a week and a Doctor Frazier's Pleasant Pellets. Adv.

Those who go from bad to worse seldom buy excursion tickets.

Health Insurance One of the distinctive qualities of food baked with Royal Baking Powder is wholesomeness. This is health insurance of such vital importance that millions of women bake at home just to be sure that Royal Baking Powder is used. Remember the adage—"Bake it with Royal and be sure." ROYAL BAKING POWDER Absolutely Pure Made from Cream of Tartar derived from grapes Royal Contains No Alum—Leaves No Bitter Taste