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 headaches. A friend called my attention to one of your newspaper advertisements 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. All women who suffer as I did should try Lydia E. Pinkham's Vegetable Compound."—Mrs. JAS. ROHRBERG, 620 Knapp St., N. S., Pittsburgh, Pa.

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

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

She Burns That.

Mrs. Flatbush—I see you have a new cook and she appears to be very dressy.

Mrs. Bensonhurst—Isn't she dressy, though?"

"How much do you pay her?"

"Oh, $50 a month."

"Is she a good cook? I mean, does she burn anything?"

"Only the $50, I believe."—Yonkers Statesman.

GREEN'S AUGUST FLOWER

In the good old summer time when fruits of all kinds are getting ripe and tempting, when cucumbers, radishes and vegetables fresh from the garden are too good to resist, when the festive picnic prevails and everybody overeats and your stomach goes back on you, then is the time for "August Flower," the sovereign remedy for tired, overworked and disordered stomachs, a panacea for indigestion, fermentation of food, sour stomach, sick headache and constipation. It gently stimulates the liver, cleanses the intestines and alimentary canal, making life worth living. Sold everywhere. Adv.

Jap Salt Shortage.

There is a shortage of salt in Japan. The deficit this year will be about 993,330,000 pounds.

Couldn't Work

S. W. Bishop Was Laid Up By Kidney Trouble. Now Owes Good Health to Doan's.

"I owe my present good health, largely, to *Doan's Kidney Pills*," says S. W. Bishop, 5162 Kensington Ave., St. Louis, Mo. "I wasn't able to work. Sharp pains would catch me when I stooped or tried to lift anything, and at night the kidney secretions passed frequently and were scanty and painful. Specks seemed to be before my eyes and I would get dizzy. There was a puffiness under my eyes. I could see myself falling from day to day and I finally laid up from June until September. I got *Doan's Kidney Pills* and used them. I received relief with the first box and became stronger every day. I could sleep well at night and the kidney secretions were now of natural color. The dizziness and other troubles disappeared and I picked up in weight. After I had used four boxes of *Doan's Kidney Pills* I looked and felt like my old self. The cure seemed a miracle and I firmly believe that my life was saved by this remedy."

Mr. Bishop

Sworn to before me.

JOHN W. BRUNS, Notary Public.

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

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 each free of Druggists, or postpaid by mail. The Paxton Toilet Company, Boston, Mass.

Use Cuticura Soap To Clear Your Skin

All druggists: Soap 25, Ointment 25 & 50, Talcum 25. Sample each free of "Cuticura, Dept. 2, Boston."

DAISY FLY KILLER PLACED ANYWHERE ATTRACTS AND KILLS ALL FLIES. Neat, ornamental, convenient, cheap. Lasts all season. Made of metal, can't spill or tip over; will not soil or injure anything. Guaranteed effectual. 50c, 5 for $1.00, or 2 by express, prepaid, $1.25.

HAROLD SOMERS, 150 De Kalb Ave., Brooklyn, N. Y.

Economy Corner

To Freshen Silks.

Japanese, China, India and pongee silks are freshened by washing in warm soapsuds, rinsing quickly and drying in the shade; roll in a sheet when not perfectly dry and then iron on the wrong side.

Colored silk fades and white silk yellows after washing, but this may be avoided by using medium warm soap and water and rinsing well; wrap in a large cloth (an old sheet is fine) for half an hour, and then iron on the wrong side with a moderate iron, using a bit of thin lawn between the iron and silk. Do not let the light and air get to it while wet, as this yellows and fades the fabric.

When black silk or satin begins to shine, sponge on the right side with a mixture of two parts of gin and one of water, and iron while damp on the wrong side.

To Remove Grease Stains From Silk.

When any greasy substance has been dropped upon silk it can be abstracted by mixing French chalk with methyated spirits to the consistency of cream, laying it upon the stain, then covering with a brown paper and pressing with a warm iron.

French chalk removes grease and does not injure colored silks. Scrape a little on the spot, rub it in, let it stand 24 hours, then brush off and repeat the process if necessary, for grease is often hard to remove.

To Remove Stain from Silk Use Chloroform.

First remove as much of the grease spot as you can by the hot-iron method; that is, place clean blotting paper both above and below the stain, then place a warm iron over the paper. The heat will dissolve the grease which the blotting paper will absorb.

Remove the paper, add a fresh supply under the stain and rub with chloroform.

Grease Spot on a Parasol.

You may get rid of the grease spot by laying on hot French chalk. This will dissolve and absorb the grease. Next, the parasol should be opened and then thoroughly washed with gasoline and white soap all over its surface, more particularly on the soiled places.

Afterward sponge off with clear gasoline. By going over every part of the parasol there will be no danger of spots or streaks and gasoline will not harm it. Keep away from fire or artificial light during this process.

Both Suits and Dresses.

Owing to the proportions of the present demand for women's wear, the coming fall season promises to see suits and dresses bought in equal amounts. Only a short time ago in the history of the dress trade it was always a question of a choice between the two styles of garments, with rarely a time when both were equally good. Manufacturers of dresses hold the present demand for quality responsible in a measure for the field that exists for both suits and dresses, and as long as both maintain high standards they stand the same chance of acceptance. This stabilizing of conditions has been a decidedly welcome development to the dressmakers.

What the Children Wear

Very simple frocks of fine cotton goods in gay colors or of handkerchief linen, and all made by hand, are provided for little girls to wear when they are all dressed up. Cotton crepe, batiste, lawn and organdie usually furnish the material, and embroidered batiste or val lace or fancy needlework the trimming for these fine affairs, and hand work puts the hall mark of elegance on them. And when the little boy of three or more must be dressed up to match the splendor of his sister he is likely to appear in knickers of pongee or other strong silk, with batiste blouse to match in color. But of course his life is spent in much more sturdy clothes made of strong cottons, like cotton poplin and pique, while these and ginghams or chambrays serve for the daily wear of little girls.

Between the two extremes of very dainty and sheer things, for special occasions, and heavy cottons, come the durable printed voiles. They make very practical frocks that are more dressy than ginghams. A good many of these imitate ginghams in plaids and cross-bars that are very pretty in this sheer material, and a greater number have small flower designs scattered thickly over their surface; others are striped, so that there is an unending variety to choose from, and all these cotton goods are well represented in stores all over the country.

The little girl out in Arizona has the same chance as the little girl in New York to wear frocks that are up to date.

The dress shown in the picture is of printed voile, machine made, with organdie collar and cuffs and facing on the pocket. The sash is also of organdie and there is a little spray of embroidery on all these organdie accessories. Narrow organdie frills bordering neck and sleeves and sashes prove as pretty a trimming feature as the season has to offer. On summer dresses sleeves are short, either elbow or three-quarter length, and skirts usually about knee length.

Designers of children's clothes have not ignored georgette crepe and crepe de chine for the most pretentious of dainty frocks. The georgette is often figured and has the appearance of very fine lawn. Gay ribbons and scalloped edges on sleeves and skirt, bound with the ribbon or silk to match it, finish up these airy creations. Many frocks are made with coatee and jacket effects in the small bodices, and narrow ribbons, including baby velvet ribbon, must not be overlooked in finishing them off. These and tiny crochet or pearl buttons decide the class of many a little frock.

Julia Bottomley

THE KITCHEN CABINET

My thoughts come flying forth in flocks,
Gay, eager ones of vivid hue.
But oh, the little winged things
That will not flutter through!

The little lovely wistful things
That start and then draw back with fear:
These are the ones of all
That I hold vastly dear.
—Grace Bostick.

SANDWICH FILLING OF VARIOUS KINDS.

A sandwich may be filled with meat, chicken or fish, making a sandwich which is in itself a meal, or filled with sweets, a dessert or a dainty to serve with a cup of tea, or a glass of cooling beverage.

Cold meat put through the meat chopper, with a sweet pickle or two and bound together with a salad dressing, makes a good sandwich and one in which leftovers may be used without remarks from the family.

Veal and Tongue Sandwiches.—Put the veal and tongue through the meat chopper and moisten with a small amount of soup stock; season with paprika and nutmeg. Spread on buttered bread after chilling the meat. Any kind of meat, minced or sliced, mixed with various seasonings such as capers, pickles, nuts or olives will make, with a little ingenuity of the cook, a countless number of good and appetizing sandwiches.

Thinly sliced radishes, cucumbers, onions, chopped green peppers and lettuce make most tasty sandwich fillings.

Olives, either stuffed, green or ripe, may be mixed with nuts and boiled dressing, or added to cream cheese or to cottage cheese.

Cottage cheese with chopped candied cherries (or cream cheese is richer), makes a most tasty sandwich for a sweet sandwich.

Chopped celery and cheese (the American) and Roquefort are all good as filling.

A club sandwich is enjoyed by the men prepared as follows: Place a slice of tomato with salad dressing on a buttered slice of rye bread, add a layer of cream cheese mixed with chopped nuts, then top with a slice of rye bread.

Chopped hard-cooked egg mixed with butter, a pinch of mustard, salt and pepper makes a most appetizing sandwich.

Life is not so complex if we do not persist in making it so. We need faith; we need to be brave; we need chronically to keep the corners of the mouth turned up and not down. And after all it is only a step at a time.—Ralph Waldo Trine.

FOOD FOR HOT DAYS.

There is nothing that takes the place of good vegetables for hot weather dishes. They rank with fruit in importance. A healthy diet must include vegetables, for they not only build up the bones and teeth but supply bulk which is an essential to intestinal movement; their chief value is in their mineral salts, which are needed to make good blood and produce changes in the body cells which are necessary to keep the body young and supple.

A rule which has no exceptions is to cook vegetables in boiling water and most liquors should be saved for soups or to serve as a sauce with the vegetable; the liquor from beets is one to except.

String beans served with a bitter sauce or in a rich cream sauce are delicious, but for variety cook them two to three hours with a quarter of a pound of salt pork or a few slices of bacon if preferred. Cook down with the saucepan uncovered until the moisture is nearly all absorbed and evaporated, then add a tablespoonful or two of vinegar, salt if needed, and a dash of cayenne.

Creamed Onions and Tops.—Take finger-sized onions, cut, leaving a three-inch stem, cook until tender and serve in white sauce on toast as asparagus is served. Young beets, tops and all, are very good served as a vegetable. Cook them until tender, chop or cut up in coarse bits and serve with butter and vinegar. The secret of savoriness in vegetables is care in seasoning. Do not always serve the same dish with the same seasonings.

When teaching a child to like a certain kind of vegetable make it as attractive as possible in appearance, and go farther to avoid disappointment make it so tasty that no further urging is necessary.

Such vegetables as tender green peans should be cooked in as little water as possible, not to lose the good flavor. For this reason steaming is the economical method to use. The French cook peas in lettuce leaves in the top of the steamer; the lettuce is served as greens, making a most tasty dish. Serve with butter and a dash of vinegar.

Salads of various kinds, using both vegetables and fruits, are most acceptable hot weather dishes.

Nellie Maxwell

Such tender bits of fine meat—such careful seasoning! One taste of Libby's Vienna Sausage, served piping hot, will tell you it was prepared by master chefs! Ask your grocer for a package today. Contents will serve two.

Libby, McNeill & Libby, Chicago

Napoleon's Faith in Diamond.

Napoleon had a large diamond set in the hilt of the sword he wore at his wedding with the famous Josephine, for he believed that the gem would bring him good fortune.

HOW RHEUMATISM BEGINS

The excruciating agonies of rheumatism are usually the result of failure of the kidneys to expel poisons from the system. If the irritation of these uric acid crystals is allowed to continue, incurable bladder or kidney disease may result. Attend to it at once. Don't resort to temporary relief. The sick kidneys must be restored to health by the use of some sterling remedy which will prevent a return of the disease.

Get some GOLD MEDAL Haarlem Oil Capsules immediately. They have brought back the joys of life to countless thousands of sufferers from rheumatism, lame back, lumbago, sciatica, gall stones, gravel and other affections of the kidneys, liver, stomach, bladder and allied organs.

They will attack the poisons at once, clear out the kidneys and urinary tract and the soothing healing oils and herbs will restore the inflamed tissues and organs to normal health.

All others are imitations. Ask for GOLD MEDAL and be sure the name GOLD MEDAL is on the box. Three sizes, at all good druggists.—Adv.

Incentive to Speed.

"Better not keep that man waiting any longer."

"Why not?" demanded the magnate.

"He's been waiting so long that he has become acquainted with your stenographer. Their acquaintance has ripened into friendship, love is a natural sequence, marriage follows and then you'll be shy a good stenog."

To Have a Clear Sweet Skin.

Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Adv.

And They Were Happy.

Pat didn't know just how to pop the question and appealed to his mother. Then to the girl of his heart; "Mary," said he, "me mother wants to know if ye'll come and live with us always?"

"Go home," said Mary very coyly, "and tell your mother I will."—Everybody's Magazine.

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

Hygiene to a Degree.

"They are very particular at the new bakeshop." "The girls who wait on customers have to wear white gloves."

"Yes, and I'd told they don't even allow the baker's fingers to touch the other cookies."—Boston Transcript.

Edible Fish in Deep Water.

The French government has recently published some interesting statistics on the relative depths at which sea fish can be found and taken. The figures are compiled from the lifelong observation of deep-sea fishermen. Flat fish like plaice lie at the bottom of 70 fathoms, or 420 feet, and soles have been taken in specially constructed nets at a depth of 630 feet. Hake, guarnard and rays abound up to a depth of 360 feet, while turbot and brill are frequently found in 480 feet. It is noticeable, however, that only full-grown fish are able to stand the tremendous pressure at such a depth. French sea trawlers have fished to a depth of three miles, bringing up strange inedible species, but it is proved beyond doubt that edible fish can be taken up to a depth of 1,600 feet. This fact explodes the theory that the deeper the water the coarser and less useful the fish.

BITRO PHOSPHATE

FAMOUS FRENCH DISCOVERY

replaces nerve wastage. Increases strength, energy, endurance and vigor. Builds firm healthy flesh.

BEST THING KNOWN FOR THIN, NERVOUS PEOPLE

THE "BLUES" Caused by Acid-Stomach

Millions of people who worry, are despondent, have spells of mental depression, feel blue and are often melancholy, believe that these conditions are due to outside influences over which they have little or no control. Nearly always, however, they can be traced to an internal source—acid-stomach. Nor is it to be wondered at. Acid-stomach beginning with such well defined symptoms as indigestion, belching, heartburn, bloat, etc., will, if not checked, in time affect to some degree or other all the vital organs. The nervous system becomes deranged, digestion suffers. The blood is impoverished. Health and strength are undermined. The victim of acid-stomach, although he may not know the cause of his ailments, feels his hope, courage, ambition and energy slipping. And truly life is dark—not worth much to the man or woman who has acid-stomach!

Get rid of it! Don't let acid-stomach hold you back, wreck your health, make your life miserable, make you a victim of the "blues" and gloomy thoughts! There is a marvelous modern remedy called EATONIC that brings oh! such quick relief from your stomach miseries—sets your stomach to rights—makes it strong, cool, sweet and comfortable. Helps you get back your strength, vigor, vitality, enthusiasm and good cheer. So many thousands upon thousands of sufferers have used EATONIC with such marvelously helpful results that we are sure you will feel the same way if you will just give it a trial. Get a big 50 cent box of EATONIC—the good tasting tablets that you eat like a bit of candy—from your druggist today. He will return your money if results are not even more than you expect.

EATONIC

FOR YOUR ACID-STOMACH

W. N. U., DETROIT, NO. 31—1919.

Stock Raising in Western Canada is as profitable as Grain Growing

In Western Canada Grain Growing is a profit maker. Raising Cattle, Sheep and Hogs brings certain success. It's easy to prosper where you can raise 20 to 45 bus. of wheat to the acre and buy on easy terms.

Land at $15 to $30 Per Acre —Good Grazing Land at Much Less.

Railway and Land Companies offer unusual inducements to home-seekers to settle in Western Canada and enjoy her prosperity. Loans made for the purchase of stock or other farming requirements can be had at low interest.

The Governments of the Dominion and Provinces of Manitoba, Saskatchewan and Alberta extend every encouragement to the farmer and settler.

You can obtain excellent land at low prices on easy terms, and get high prices for your grain, cattle, sheep and hogs—low taxes (none on improvements), good markets and shipping facilities, free schools, churches, splendid climate and sure crops.

For illustrated literature, maps, description of lands for sale in Manitoba, Saskatchewan and Alberta, reduced railroad rates, etc., apply to Superintendent of Immigration, Ottawa, Canada, or

W. V. MacINNES, 176 Jefferson Ave., DETROIT, MICH.
Canadian Government Agent

Western Canada Farm Lands Low Prices