SUCH PAINS AS THIS WOMAN HAD

Two Months Could Not Turn in Bed. Lydia E. Pinkham's Vegetable Compound Finally Restored Health

Seattle, Washington.—"I had dragging pains first and could not stand on my feet, then I had chills and fever and such pains in my right side and a hard lump there. I could not turn myself in bed and could not sleep. I was this way for over two months, trying everything any one told me, until my sister brought me a bottle of Lydia E. Pinkham's Vegetable Compound. I took it regularly until all the hard pains had left me and I was able to be up and to do my work again. The hard lump left my side and I feel splendid in all ways. I know of many women it has helped."—Mrs. G. RICHARDSON, 4640 Orcas St., Seattle, Washington.

This is another case where Lydia E. Pinkham's Vegetable Compound brought results after "trying everything any one told me" had failed.

If you are suffering from pain, nervousness and are always tired; if you are low spirited and good for nothing, take Lydia E. Pinkham's Vegetable Compound. You may not only relieve the present distress, but prevent the development of more serious trouble.

DON'T DESPAIR

If you are troubled with pains or aches; feel tired; have headache, indigestion, insomnia; painful passage of urine, you will find relief in

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles and National Remedy of Holland since 1696. Three sizes, all druggists.

Look for the name Gold Medal on every box and accept no imitation

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it, 25 cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N.Y.

Dr. J. D. KELLOGG'S REMEDY

Barefoot Memories.

"A laborer fell 11 stories and fell onto a pile of sand unhurt." He may have landed without any serious injuries, but if the reporter thinks it doesn't hurt to fall on sand he has never put in his boyhood vacations jumping from the top of box cars into cars filled with sand. It's fun once or twice, and then the novelty wears off. The ideal jumping material is scarce and the season is short—flax seed. To jump from a box car into a wagon-load of flax seed is a privilege known to comparatively few. It gives all the early pleasant sensations of landing in quicksand, without the dangers. —Kansas City Star.

Free for Our Readers.

We have made arrangements whereby every housewife who reads this paper can obtain a copy of "Reliable Recipes" absolutely free of charge by simply writing the Home Economics Department of the Calumet Baking Powder Co., 4100-28 Fillmore Street, Chicago, Ill.

"Reliable Recipes" contains 76 pages of recipes and other information appreciated by every housewife. It is illustrated in colors and will prove quite helpful in preparing the daily menu.

We have also made arrangements with the Calumet Baking Powder Co. whereby their Home Economics Department will cheerfully answer all questions pertaining to cooking, kitchen equipment, etc. There is absolutely no charge for this service.

Write the Home Economics Department of the Calumet Baking Powder Co., 4100-28 Fillmore St., Chicago, Ill., today for a copy of "Reliable Recipes." —Advertisement.

No Exception.

The Irate Father—I can see right through that chorus girl's intrigue, young man.

The Lovesick Son—I know, dad, but they all dress like that nowadays.—New York Sun.

Sure Relief FOR INDIGESTION

BELL-ANS FOR INDIGESTION 25 CENTS

6 BELL-ANS Hot water Sure Relief

BELL-ANS

25¢ and 75¢ Packages, Everywhere

W. N. U., DETROIT, NO. 29-1922.

IMPROVED ROADS

GOOD ROAD SAVES MILLIONS

Men With Tools Enabled to Reach Threatened Break in Levee and Stop Rising Waters.

(Prepared by the United States Department of Agriculture.)

A federal-aid road has just been completed in Arkansas which has already saved millions of dollars to the community in which it is built. Recently during high water in the Mississippi word came to Helena, Ark., that the levee at Old Town, 17 miles away, was about to break. The situation was critical. A few hours' delay and thousands of acres of rich farming land would be flooded, and possibly many lives lost. Helena was the only source of aid, and many men with tools and material were needed. Every available motor vehicle was pressed into service and over 600 men, properly equipped for the work, were in a short time speeding over the new road to save the levee. They arrived in the nick of time and by almost superhuman efforts dammed back the rising waters. Residents say that had it been necessary to make the trip over the old road the levee could not have been reached in time and that the workers would have needed boats rather than motor vehicles.

LOWER BIDS FOR ROAD WORK

Indications Are That Prices This Year Will Be Materially Reduced Over Last Season.

(Prepared by the United States Department of Agriculture.)

Early bids for the construction of federal-aid roads indicate that prices during the present season will be materially lower than last season, according to reports received by the bureau of public roads of the United States Department of Agriculture. While bids have not been received on any large volume of work, there is, however, enough to indicate a lower level of prices.

Grading has been bid at 20, 23½ and 30 cents a cubic yard in Missouri, Arkansas, and Minnesota, respectively, as compared with an average of 35 cents for the section in which these states are located in 1921.

Prices of reinforcing steel in place range around 6 cents as compared with the 1921 price of 8 or 9 cents and bridge steel at 4¾ cents against 7 to 8 cents.

A Street in Kendallville, Ind., before and After Being Improved.

A few bids, for the best grade of concrete, of about $17 a cubic yard have been received in sections where the 1921 price was about $25.

Prices bid for the construction of concrete roads per square yard are as follows: Ohio $1.52, Colorado $2.27, and Georgia $1.38, as compared with an average for the whole country during the period 1916-1920 of $2.57 a square yard.

CANVAS TO PROTECT ROADS

Seven Million Square Yards Being Distributed to Various State Highway Departments.

Seven million square yards of canvas duck received by the bureau of public roads, United States Department of Agriculture, as surplus war material, is now being distributed to state highway departments for use in road construction. A great quantity of the material will be used to protect concrete roads from the sun while they are being cured and to protect from rain cement piled ready for use on the roads. It will also be used as tents for road construction gangs, roofs for temporary storage houses and garages, and to cover road machinery.

Road Building Workers.

Persons engaged in road building work in the United States number 114,325. There are 80,000 federal, state, town and county highway officials, 7,000 road contractors, 2,000 bridge contractors, 15,000 civil and highway engineers, 10,000 automotive and chemical engineers, and 325 geologists.

Patrolled by Police.

More than 3,000 miles of highways in Connecticut are to be regularly patrolled by the state police.

Wolverine News Brevities

Mt. Clemens—Women will be selected on the jury panel for the next term of the circuit court in Macomb county.

Grand Rapids—Margaret Springer, 59 years old, of Rockford, is dead, due to mistaking Paris green for medicine.

Ann Arbor—Owing to the coal shortage, night tourist service for summer resorters has been curtailed on the Ann Arbor railroad.

Beaverton—The Beaverton Chamber of Commerce has completed arrangements for a co-operative stock shippers' association.

Rochester—Spontaneous combustion caused a $14,000 fire on the farm of Willard Brown, north of Rochester. The residence, barn and contents were burned.

Grand Rapids—Gerbert A. Huntley, 60, motorman on the Grand Rapids railway, was instantly killed when he fractured his skull, the result of a fall from the roof of his car.

Muskegon—Nine lives have been saved by Miss Gladys McCarty, pretty Ypsilanti Normal college student, who is a guard at the board of education municipal bathing beach here.

Muskegon—Muskegon was selected as the city of the Republican state convention by the state central committee meeting in Grand Rapids. The convention is to be held September 27.

Hudson—Joseph Rooney, 11 years old, died as the result of injuries received during a severe windstorm, when he was struck by a limb falling from a tree. His skull, collarbone and one arm were fractured.

Newaygo—Arthur Noble, 45 years old, of this village, was killed instantly when a motorbus went into a ditch, and fell on him as he was trying to escape. The driver and another passenger were but slightly bruised.

Pontiac—Pontiac firemen, policemen and electrical department employes have circulated petitions addressed to the city commission, asking that a 10 per cent cut in salaries set for August 1 be not put into effect.

Mt. Clemens—The city of Mt. Clemens is facing damage suits aggregating several thousand dollars as the result of oil used on city streets being allowed to run into the river, causing damage to engines of motorboats.

Mt. Clemens—The Edison company here has announced a reduction in rates. The residence rate has been reduced from 14 cents a kilowatt hour to 12 cents. The standard power contract has been reduced from $4.50 a kilowatt to $3.50, and the remainder of the demand charge to $2.50.

Three Rivers—Boyd Geark, 7, died as a result of having been shot by his five-year-old brother Don. The two Geark boys had found a revolver in an automobile standing along a curb. They had taken the weapon and were playing with it when the gun discharged, the shot penetrating Boyd's abdomen.

Big Rapids—The explosion of an oil stove in a small dwelling, near the downtown district, threw 300 telephones out of service. Mrs. Fern Kuhn was cooking when the upheaval came, and she and her young daughter, Neva, has just time to flee for their lives. The house and contents were wrecked.

Charlotte—Paul, 12-year-old son of Mr. and Mrs. Merrill Gilman, was accidentally killed by Lyle Thompson, 10 years old. The Gilman lad noticed an old gun in the Thompson home, and while the lads were playing with it, pulled the trigger. The 22-caliber bullet hit just above the heart, killing the lad instantly.

Detroit—After driving all the way from Quincy, Michigan, with a truck load of fresh eggs, 45 cases, worth about $400, L. C. Wilcox, of Quincy, stopped at a store at Riopelle and Division streets to try and dispose of his cargo. While he was in the store, someone drove away with the truck and the eggs, Wilcox reported to the police.

Lansing—The state military board authorized by the state administrative board to receive bids on three proposed new armories. They will be located at Port Huron, South Haven and Ypsilanti. Plans for the armories are now being prepared, and indications are that the board will approve the necessary expenditures when bids are received.

Houghton—At a special election in the village of Lake Linden, Houghton county, the president and members of the council of the village were recalled by a majority of 88. Over 500 votes were cast. It was alleged in the petition that the president and council had conspired to bring about the appointment of certain men to the offices of president and marshal.

Mt. Clemens—A decree has been entered in the circuit court here dissolving the Romeo Farm bureau and appointing a receiver. Assets are listed at $39,000 and liabilities at $59,000. The organization, composed of nearly 200 farmers of Macomb county, was formed two years ago in a co-operative marketing plan. The organization has been unable to make a profit for some time, and the dissolution suit was brought by the directors. Judson A Jewell, a director, has been appointed receiver by Judge Willis B. Perkins.

INSURANCE MAN IS ENTHUSED OVER IT

Gains 14 Pounds Taking Tanlac and Is Restored to Finest Health.

"Tanlac has restored my health and built me up fourteen pounds in weight," said H. W. Morrison, 4768 Thrush Ave., St. Louis, Mo., agent for the National Life Insurance Co.

"Two years ago my stomach went wrong and I could not eat anything without suffering agony afterwards from heart palpitation and shortness of breath. Some nights I was in so much misery my wife had to get up and try to get me some relief. My health got to be so poor I had to stay in bed for weeks at a time.

"What Tanlac has done for me is nothing short of wonderful. I now eat anything I want, sleep fine, and am working full time every day; in fact, I'm in splendid health. I can't praise Tanlac too highly."

Tanlac is sold by all good druggists.

IN LAST LINE OF DEFENSE

Recruit's Answer Offers an Explanation of Why Some Army Drill-masters Go Insane.

The sergeant major was reaching the end of his patience in his examination of the recruit's squad.

"For the last time," he yelled, going almost purple in the face, "I ask you the simple question: 'What is a fortification?'"

Shoulders dropped and with faces void of intelligence as a vacuum of air, the recruits stood fast as a man. No one answered.

Rushing up to the most intelligent-looking man, the irate S. C. O. bawled: "Tell me, my man, what is a fortification?"

The answer came like a cork out of a bottle:

"Two twentifications, sir!"—London Answers.

Cuticura Soothes Itching Scalp.

On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.

Social Calls.

"Thomas Hardy," said an English lecturer, "is a serious enough individual today, but there was a time in London when he was the gayest of the day."

"At a Bohemian club one evening Hardy rang up one after another thirty or forty of the most distinguished people in town—dukes, bishops, actor-managers, society queens, stage beauties, and so on. He told all these people to call up '625 Chiswick' at once.

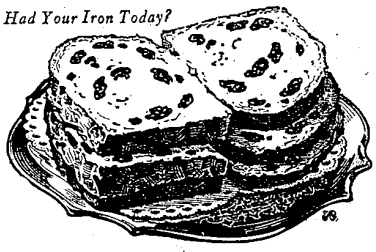
"'You're wanted there badly,' he explained to them. And the celebrities all thanked him hurriedly and rang off.

"Well, when Hardy got through his telephoning we looked up '625 Chiswick' in the telephone directory. It was Wormwood Scrubs prison!"

Nothing Else Afoot.

Post—"New York is overcrowded with motors." Booker—"Yes, there's nothing afoot but plans for relief."—Judge.

Had Your Iron Today?



The Delicious Bread —of Energy and Iron

SERVE raisin bread twice weekly on your table for three reasons:

1. Flavor; 2. Energy; 3. Iron

You remember how good a generously filled, full-fruited raisin bread can be. Your grocer or baker can supply a loaf like this.

Insist—if he hasn't one he can get it for you.

Full-fruited bread is full of luscious seeded Sun-Maid raisins—rich in energizing nutriment in practically predigested form.

Raisins also furnish fatigue-resisting iron for the blood.

Serve plain raisin bread at dinner or as a tasty fruited breakfast toast, with coffee.

Make delicious bread pudding with left-over slices. No need to waste a crumb of raisin bread.

Begin this week the habit of raisin bread twice weekly in your home, for raisin bread is both good and good for you.

Blue Package

Sun-Maid *Seeded* **Raisins**

Make delicious bread, pies, puddings, cakes, etc. Ask your grocer for them. Send for free book of tested recipes.

Sun-Maid Raisin Growers
Membership 13,000
Dept. N-22-9, Fresno, Calif.

Naval Testing Ground.

The long-felt need of the Navy department for a place where new inventions that "looked good" might be tried out is being met with an experimental research laboratory, down the Potomac river, seven miles from the Washington navy yard, on the grounds of the Bellevue magazine, which is expected to be in operation this summer.

The new plant which is primarily for research purposes and particularly as a development laboratory, will probably devote a great deal of attention to radio work.

Approved Treatment.

Knicker—"The Good Book tells us to love our enemies." Bocker—"And the check book tells us to loan 'em."

Fable for Collegians.

He had hung his pin—long, dim ages ago. He had completed the payments on the ring. He was marrying the most wonderful girl in school.

On the eve of his wedding he wondered how things would be a year from that night. He wondered if she would still love him, if he would be as crazy about her.

Time has a way of going by. Another year came—the anniversary of that night. And they were still as crazy about each other.

You see, they hadn't been married yet.—Harold Swanson in Judge.

Talkative.

Mrs. Benham—Money talks.

Benham—Then you've got more than your share of cash.

Don't be Fooled

Low Price and High Quality
Don't Go Together. Stick to

CALUMET

The Economy BAKING POWDER

Never accept "Just as Good" Brands; it will only mean disappointments and failures on bake-day, which are expensive.

Calumet is a high grade Baking Powder, moderate in price

When you use it you never spoil any of the expensive ingredients used—such as flour, sugar, eggs and milk.

Best that science can produce—Stands the test of daily use.

BEST BY TEST

The World's Greatest Baking Powder