

WAS MISERABLE COULDN'T STAND

Testifies She Was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Lackawanna, N.Y.—"After my first child was born I felt very miserable and could not stand on my feet. My doctor-in-law wished me to try Lydia E. Pinkham's Vegetable Compound and my nerves became firm, appetite good, step elastic, and I lost that weak, tired feeling. Three years ago and I had had three fine healthy children since. For female troubles I always take Lydia E. Pinkham's Vegetable Compound and it works like a charm. I do nothing else."—Mrs. A. F. KREMER, 174 Electric Avenue, Lackawanna, N.Y.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacements, inflammation, ulceration, tumors, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Lydia E. Pinkham's Vegetable Compound is the standard remedy for female ills.

Women who suffer from these distressing ills peculiar to their sex should be convinced of the ability of Lydia E. Pinkham's Vegetable Compound to restore their health by the many genuine and truthful testimonials we are constantly publishing in the newspapers.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Poor Father.
Ernest P. Mitchell, the national director of the American Red Cross, was talking in New York about the splendid work that his organization is doing in Belgium.

"We are supplying the Belgians," he said, "with \$12,000,000 worth of food a month. We are also supplying food to the inhabitants of Poland, whom Germany has taken over."

"We have a good deal to do, eh? We are like the father who said:

"At last, at last, I've got my five daughters off my hands. Now to put my five sons-in-law on their feet!"

Grass Criticism.
"Hubby, dear, is my gown come ill fault?" asked Mrs. Gaidner.

"It do I know?" growled Mr. Gaidner. "If you mean is it the kind of dress it ought to be against the law to wear, why, yes."

Happy is the home where Red Cross Ball Bins is used. Sure to please. All grocers. Adv.

"Occasionally a little sin grows up, weeds and raises a big family."

Feel All Used Up?
Does your back ache constantly? Do you have sharp twinges when you bend or lift? Do you feel all used up as if you could just go no further?

Kidney weakness brings great discomfort. What with backache, headache, dizziness and urinary disturbances it is no wonder one feels all used up.

Donna's Kidney Pills have cured thousands of just such cases. It is the best recommended special kidney remedy.

A Michigan Case
Mr. N. M. Chapell, 605 E. Michigan, writes: "My back aches and my nerves are all upset. I feel all used up and I am nervous and irritable. I have tried to help me but I have failed. I have heard of Donna's Kidney Pills and I have decided to try them."

Months I used Donna's Kidney Pills and they restored me to good health."

Get Donna's Kidney Pills. They are the best. **DOAN'S KIDNEY PILLS.**

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

The Army of Constipation
Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS are not only give relief—they permanently cure Constipation, Biliousness, Indigestion, Sick Headache, Sallow Skin.

SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

Green Wood
ABSORBINE

will relieve Inflamed, swollen Joints, Sprains, Bruises, Sore Throat, Headache, Blisters, Boils, Piles, Eczema, Ulcers and all other skin diseases. It is a positive antiseptic and germicide. Pleasant to use, does not blister, and does not stain the skin. It is the only remedy of its kind. Price 10¢ per bottle at all drug stores. Write for free literature. Price \$1.00 per bottle at all drug stores. Write for free literature.

ABSORBINE, JR., the antiseptic for medicinal purposes, is the only remedy of its kind. Price 10¢ per bottle at all drug stores. Write for free literature.

W. F. THOMAS, P. O. Box 100, Springfield, Mass.

GETTING A START

By NATHANIEL C. FOWLER, Jr.

(Copyright, 1914, by the McClure Newspaper Syndicate.)

THE COMPLAINER. WHEN IT RAINS, LET IT RAIN.

You are not altogether satisfied with yourself, with others, with your environment, with conditions. Nobody is satisfied. Neither you nor anybody else will ever be completely satisfied. Full satisfaction leads to stagnation. The satisfied man is a fool, intoxicated with his own satisfaction, never sober enough to do more than stagger along the road of life.

The pessimist is no better than the contented pig in the well-kept sty.

Regulated dissatisfaction, dissatisfaction based upon fact, is a forerunner of success.

There is, however, a wide gulf between legitimate dissatisfaction and that which consumes the chronic complainer, the disreputable knocker, and the everlasting gripper.

Life is made up of affirmatives and negatives. One without the other is incomplete. The two properly blended are part of the composition of success.

The habitual complainer is an enemy to himself, and he is despised by all with whom he comes in contact. He is a failure at the start, and will be a failure as long as he indulges in chronic dissatisfaction.

Conversely, the complete optimist is dangerous to himself and a menace to society, because he does not know enough to get out of the ruts or to keep from stumbling into holes.

Discontent has a value only when it spurs one on to better effort. When it deadens one's faculties, as it often does, and takes the sting out of him, so to speak, it is an evil of the most virulent form.

Nobody likes the constant complainer. He has no friends. He does not occupy any position of responsibility, and he never will. He cannot manage himself or command others. He is a nuisance to himself and to everybody else.

He is no better than a dead log floating on the stream, accomplishing nothing and serving only as a menace to navigation.

Everybody has troubles, and while every decent man is willing to help others, he cannot afford to give more than a part of his time to listening to complaints, and he should not give any of his time to those who are not legitimate ones and which he cannot assist in remedying.

Keep your troubles to yourself or confide them to a school of management. Ninety per cent of trouble doesn't appear. It exists wholly in the mind.

Don't make a specialty of worrying. There is real trouble to worry about, and enough to keep you busy.

Kick when there is something real to kick at. You will strain yourself and sprain your leg if you kick at nothing.

NATIVES HARD TO EDUCATE
France Has a Problem in the Work It Is Doing in the Society Islands.

On the theory that who can add two and two to make four possesses the beginnings of an education, the French Colonial authorities have called the most glib schoolmaster of Tahiti, Society Islands, to be embellished with an imposing signboard bearing the legend: 2 plus 2 equals 4.

Stepped in inherited superstition this simple symbol of erudition is regarded with reverence and awe by the native Tahitians. To them it epitomizes the ascendancy of the dominant Gaul.

Nude, save for the ubiquitous red and white calico pants (knee-length skirts), the little brown youths and maidens of this tropical paradise present a grotesque appearance at the modern school desks patiently grappling with the three R's. Marvellously quick to learn the "man of the sun" are even quicker to forget, and in a majority of cases, after laboriously acquiring an education, they cast it aside like an outworn garment and reverts to the old-time customs and grass-chatched huts under the spreading palms. The pomp and circumstance attending the opera bouffe rule of the French colonial "administration" appeals strongly to the native taste, and if the government is lax and inefficient, the ever light-hearted and childlike Islanders find little fault.

Lumbago. It is a common fatal few diseases to which mankind is heir cause more intense suffering than lumbago. It is characterized by severe pain-like neuralgia or rheumatism in the small of the back. The cause is a trouble common to those who are known as the lumber vertebrae.

The attacks come on and disappear suddenly and are often severe enough to keep the patient in bed, hardly able to move a muscle.

Hold-Over.
"Why, Tommie, how dirty your hands are for so early in the morning! Have you been out before breakfast?"

"No, papa. It's a 'hold-over.' I got 'em dirty last night."

The Forecast.
It is, in this way, a tribute to the excellence of the arrangements at the front; but there is a grim touch in a soldier's story: "You see, if a number of army chaplains suddenly turn up, we can always guess that something good and hard is going to be asked of us shortly."—London Observer.

Showing Different Methods of Attaching Wires to Trees: a, Wire Attached to Lagball, Tree Protected by Wooden Blocker; b, Cross Section of Same; c, Wire Looped Tightly Around Tree, Causing Girdling; d, Sling Attachment of Trolley Guy Wires; e, Loose Loop Fastened With Clamps and Separated From Tree by Blocker; f, Cross Section of Same; g, Crossed Oak Blocks With Groove, to Support the Wire.

which some states have adopted in regard to injuring shade trees, the agents of some public-service corporations often have little regard for trees or the laws respecting them. Where 40-foot poles must carry the wires of three or four public-service corporations there can be little or no opportunity to preserve the natural symmetry of shade trees, especially when low branching maples and other trees are planted on the same side of the street with the wires. There is less interference from limbs with low than with high-tension wires. Trees like the elm, whose branches form acute angles offer less obstruction to wires than maples; but not all streets, of course, are planted with elms, which may be as well, considering their susceptibility

to various pests and unfavorable climatic conditions. Wires often accidentally come into contact with trees by the displacement of poles, particularly on curves, where the strain is very great, but much of this injury may be prevented by imbedding the poles in Portland cement.

It should be pointed out that the necessity for guying poles to trees may be obviated in this way.

MAKE SUCCESS IN ORCHARDS
Excellent Results Secured at Iowa Station by Cultivation, Pruning and Thorough Spraying.

What cultivation, pruning and spraying will do to make apple orcharding as successful in Iowa as in the most touted western districts was fully shown at the big Council Bluffs orchard of the Iowa Agricultural experiment station. This orchard, under the care of horticulturists from Iowa State College at Ames, yielded 4,000 bushels of apples from 15 acres of trees. From 52 trees of Grimes' Golden, 540 bushels of apples were harvested, more than ten bushels per tree. Of this big crop, 450 bushels were fit for packing in boxes and sale of fancy trade at top prices. These results were due to modern methods of orchard care and management.

The results of this work at Council Bluffs will later be carried to every orchard district in Iowa to encourage and improve commercial orcharding.

Easier Spraying and Picking.
All limbs that chafe or cross each other should be removed and the tops made even enough that all fruit in the center of the tree will be well colored. This open top will also enable one to reach all parts of the tree to spraying and make picking much easier. Trees that are too tall should have the tops cut back.

Prevent Injury From Wires
Constantly increasing Use of Electricity Proving Great Menace to Various Kinds of Trees.

(By GEORGE E. STONE.)
The increase in electric railroads, electric lighting systems and telephone lines, whose wires are usually located near the tree belts of our cities and towns has made necessary a lamentable amount of disfiguring pruning.

Of all the troubles with which tree wardens have to contend the wire problem is often regarded as the worst. Notwithstanding the strict laws

showing different types of guards for electric wires: 1, Porcelain Dowel Guard; 2, Porcelain Guard, Cumberstone and Unsplit, but Good; 3, Wooden Sleeve.

ORCHARD TOPICS

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10c Worth of DU PONT Will Clear \$1.00 Worth of Land

Get rid of the stumps and grow big crops on cleared land. Now is the time to clean up your farm while products bring high prices. Blasting is quickest, cheapest and easiest with Low Freezing Du Pont Explosives. They work in cold weather.

Write for Free Handbook of Explosives No. 69F, and names of nearest dealer.

DU PONT POWDER COMPANY
WILMINGTON DELAWARE

Service First
You do not buy shoes just for the sake of possessing the shoes, but for the service they will give you. It is service, not ownership you seek. It is service we deliver when the workman buys our

Rouge Rex Shoes
How do we do it? By the constant application of every facility we have to the production of leather in our tannery that will stand the knocks that rough roads and back roads are sure to get, and by careful selection of all the other materials used by our factory in the production of the finished shoe.

Every shoe has a solid leather insole, and heel, and they are made over full, roomy lasts that insure the utmost comfort to the wearer.

No. 48 is our 16 inch last Jersey Grain shoe with welt sole, bellows tongue, double toe cap.

Ask your dealer, or write us for description of the Rouge Rex shoe and nearest dealer's name.

BIRTH-KRAUSE COMPANY
Hills and Shoe Tanners and Shoe Manufacturers
GRAND RAPIDS MICHIGAN

MADE IN U.S.A. Quality in every line.

COULD RECOGNIZE NUISANCE
Judge's Retort Set Courtroom Laughing and Gave Lawyer Something to Think About.

City Magistrate Krotel, who is noted for a characteristic brand of dry humor, occasionally manifested in utterances from the bench, turned a cruel shaft loose upon a pestiferous young attorney this week, to the supreme enjoyment of a crowded courtroom, says the New York correspondent of the Cincinnati Enquirer.

The young attorney was prosecuting in a case where the maintaining of a nuisance was alleged. The rulings of Magistrate Krotel did not please him. His numerous objections became perfunctory and controversial. "If your honor please," he said, "I would not presume to instruct the honorable court in a question of law, but I am impelled to observe that I doubt—in the present case only of course—if the court properly conceives of what constitutes a nuisance."

"You are mistaken sir," was the response from the bench. "This court has never had a more clear or exemplary idea of what constitutes a nuisance than in the present case at the present time. And for that, in a measurable way, the court thanks you, sir."

Pitiless.
"Some men have no hearts," said the tramp. "I've been attoln' that feller I am so dead broke that I have to sleep outdoors."

"Didn't that fetch him?" asked the other.

"Naw. He tol' me he was a-doin' the same thing, and had to pay the doctor for tellin' him to do it."—Christian Register.

His View.
Optimist—What do you consider the greatest thing that ever happened? Pessimist—It hasn't—Puck.

Eliminate politics, religion and the weather and there wouldn't be much left to talk about.

Hardly Complimentary.
A New England housewife one afternoon received a call from a hobo to whom that morning she had given some doughnuts.

The knight of the road doffed his ragged headpiece and with great civility addressed her thus:

"Madam, this morning you gave me three doughnuts. Would it be asking too much to request a fourth?"

"I'll be glad to give you another," said the woman, as she prepared to wrap one in a newspaper. "So you like my doughnuts, do you?"

"It isn't that, madam," explained the hobo. "You see, some friends of mine down in the meadow wish to have a game of quod."

Strength for Thinkers and Doers
Good appetite, a well-balanced stomach, reserve energy, and a keen zest for work and sport are among the results of the regular use of

Grape-Nuts
and Cream.

This nutritious ration contains the full food value of the whole wheat and malted barley, of which it is made—including the mineral salts of the grains—potash, iron, lime, etc., so lacking in white bread and many common foods, but which are essential to thorough nourishment of body, brain and nerves.

Grape-Nuts is partly pre-digested—a food for weak and strong, old and young. It is not only a strength builder but a delicious, satisfying dish which appeals to appetite.

Regular users know

"There's a Reason" for Grape-Nuts
Sold by Grocers everywhere.