

MRS. THOMSON TELLS WOMEN
How She Was Helped During Change of Life by Lydia E. Pinkham's Vegetable Compound.

"I am just 52 years of age and during the change of life I suffered for six years terribly. I tried several doctors but none seemed to give me any relief. Every month the pain was intense both sides, and made me so weak that I had to go to bed. At last a friend recommended Lydia E. Pinkham's Vegetable Compound to me and I tried it at once and found much relief. After that I had no pains at all and could do my housework and shopping the same as always. For years I have praised Lydia E. Pinkham's Vegetable Compound for what it has done for me, and shall always recommend it as a woman's friend. You are at liberty to use my letter in any way."—Mrs. Thomson, 645 W. Russell St., Philadelphia, Pa.



Change of Life is one of the most critical periods of a woman's existence. Women everywhere should remember that there is no other remedy so trustworthy as Lydia E. Pinkham's Vegetable Compound.

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

READERS of this paper desiring to know the truth about Lydia E. Pinkham's Vegetable Compound should be sure to ask for a copy of the book containing full particulars.



WILMINGTON
Self-Loading Shotgun
12 GAUGE, 5 SHOTS

The recoil relays this gun. You simply pull the trigger for each shot. This new gun is safe, strong and simple. It has all the good points of other recoil-operated shotguns, and many improvements besides. Among them are Nickel steel construction and a reloading system that requires no change for different loads.

It's the Fowling Gun Par Excellence

NAVY'S LAST WOODEN SHIP
Relic of the Old Type of War Vessel Passes to the Jersey Naval Militia.

The Adams, the last of the old wooden ships of the United States navy, which from 1908 until last fall was the training ship of the Pennsylvania State Naval Militia, has been turned over to the New Jersey militia for their cruise of the Maine coast, we read in the Philadelphia Ledger.

This relic of the "old navy" is one of the most picturesque ships now afloat. Dark rigging and her towering masts and high black funnels and the guns peering through her ports, she is an object of admiration and curiosity in every port she visits.

She was built in 1874. Until June, 1889, when she went to Samoa, she had a useful existence. During the controversy with Germany she was the sole defender of the American flag in that territory. She then was sent to the Pacific coast, and in her native waters she was engaged in the coastwise trade. She was sent ashore in Berne strait. She was fought, repaired, and brought back to the United States. She then went out of commission, until 1908, when she was turned over to the Pennsylvania State Naval school.

The Result.
"I made the dressmaker take out a lot of stitches in my waist. 'Til she was ripping mad."

"There's a Reason"

You may have small care what the reason is, so long as your food really nourishes your body and keeps your brain healthy, active and a money-maker.

But when signs of nervous prostration set in, you want to know why you can get sure help from

Grape-Nuts

A 10-days' trial usually brings improvement in body and mind, and the experience will show

"There's a Reason"
Grocers everywhere sell Grape-Nuts.

FORGOT THE PAST
By JOHN ECCLES.

"Mr. John, allow me to present you to some of your old friends," the secretary said. "I'm glad to see you. And John, still wandering in London in May, with his nostrils full of the sweet scent of hyacinths in the breeze, was brought back to the memory of the dreary perfumes of the ballroom by seeing his sister-in-law and—Amy."

"I found myself bowing mechanically, just as though he had only taken the day before. He looked into Amy's face. What had there ever been between them? He had given all the passion of a first love! He had dreamed of her three years till Haidee came into his life, this red-headed English girl, with her smile and the worldly face. How far away his past life seemed all of a sudden!

"You are coming out with us upon the veranda? I have something to tell you." John looked the ladies outside. He was leaning against the railing now, and his sister-in-law's words were buzzing in his head. "You acted a very noble part, John," he said. "I am glad to see you. I never cease to be grateful to you. Few men would have done as much for their brothers. But after poor Arthur's death that woman—she was through. He was a dreadful man. Mr. Smeaton, one of those motto-whiskered Puritanical men who think that everything is a crime. I'm sure you found in your brother's desk a written, signed confession and insisted that it should be made public to the world."

John remembered Mr. Smeaton, a kindly old man who had always taken an interest in him. So Smeaton was the man who had put the papers unexpectedly to retrieve his honor. "We begged and pleaded, John, but nothing could move him. His sister's death had broken his heart, and he had three thousand pounds to hush up the matter, but it wouldn't do. The old wretch threatened to make the tale public himself unless we did. So it had to be done, John." She sighed.

"Well, you can guess what a row there was in England, especially as you are now the heir to the estate. In fact, things got so hot that I found it best to take a holiday in some place where the rumors hadn't got busy yet. I'm proud to come with you now, and she has kept her word. You know you and Amy were always good friends, John. So now I shall leave you two together to talk over old times."

The woman was gone, and John stood unsteadily against the railing. He had no thought of Amy, no thought of Amy Nairn. How could he ever have loved her? How could he? How could he? He could not answer his own question.

"John, I am so sorry," said Amy, putting out her hand. John took it and it felt cold and like his own. "John," whispered Amy, "do you remember what you asked me that night before you came away? I have never forgotten, John. And I am so sorry for the misunderstanding. I have often thought of you, John."

"And now I've said as much as I dare, John!" "I will admit," she said, "that my motives in accompanying your sister-in-law were not altogether altruistic. John, in fact, I—I—I wanted to see you again—"

"She looked down and shuffled her feet in simulated confusion. Amy had singularly pretty feet—almost as pretty as Haidee's—and she had always been aware of the fact. "And now I've said as much as I dare," John said, raising her eyes to his. "I am sorry," said John, bowing.

"Sorry, John?" "Of course you should have made this long journey for nothing. I cannot marry you."

"How dare you!" she exclaimed, with flashing cheeks. "Has Jamaica made a brute of you, John?" "No, a man," he answered. "When I go to England I shall take my wife and child with me. You see, you are married before the end of the month, Amy."

"His last picture of her was seeing her sudden cast-iron cruelty flame into her face and eyes as she stood, sphinx-like against the rail. But the picture faded. Within a moment he was in the full of the sweetness of a June night, and John was riding home to his bride-to-be—Haidee.

No Harm Done.
Her friends had asked their young hostess to play for them, and she was performing a difficult selection from Wagner. In the midst of it she suddenly stopped in confusion. "What's the matter?" asked one of the visitors. "—I struck a false note," faltered the performer.

"Well, what of it?" cried another guest. "Go ahead, nobody but Wagner would ever know it, and he's dead."—Ladies' Home Journal.

For Aching Feet.
One of the best remedies for aching of the feet is resting the muscles in the soles of the feet by changing the shoes frequently. Every pair of shoes worn out from a difference in the tread will be varied with every change of the shoes. Bathing the feet with either very hot or very cold water, wiping them dry, and then rubbing them with spirits of camphor will cool the feet and remove the aching.

Bunker Language.
The daughter of a very prominent Liberal statesman is telling this story against herself, says the London Daily Mail. She was formerly engaged to a young man who was the son of a prominent North Berwick way, accompanied by an elderly outspoken caddie. Do you think I'm improving in my age at all, Biddy?" "I'm not sure," he said. "No, I would say you are getting on." "I don't know," she said. "I'm not sure."

This stern command must come to the lady's ears. "Stand up and take your medicine—don't play the baby act."

Fire Threatened Reims.
Reims cathedral had a narrow escape from destruction in July, 1915, when some plumbers, who had been mending the roof, left a braiser, half filled with gas, burning in the attic. The following morning smoke and flames were seen issuing from the spiral which crowned the choir of the cathedral. It was later in the evening before the flames could be extinguished, and by that time the central spire, most of the roof and the steeple were completely destroyed. Louis XI was so furious when he heard of the catastrophe that he announced his intention of evicting all the monks of the cathedral through whose negligence the fire was said to have spread, and putting monks in their places.

NEARLY CRAZY WITH ECZEMA
354 Plum St., Youngstown, Ohio.—"Blotches like ringworms started to come out all over my face in June. Later it took the form of white scales and when I would rub them came off in little white scales. The eczema so distressed me that I was unable to go out anywhere. It itched all the time and whenever I perspired or got my face the least bit wet, it would become very nearly unbearable. The more I rubbed and scratched the more it itched and it made me so restless I could not sleep at night."

One day a friend prevailed upon me to get a sample of Cuticura Soap and Ointment. They caused the itching to stop instantly and in a very few days my face and neck began to show marked improvement. I used three cakes of Cuticura Soap and one box of Cuticura Ointment and my face and neck are completely cured."

Superseding Europe.
For the manufacture of pottery of the better grades considerable clay, mainly kaolin, is imported into this country from Europe and China, the value of these imports last year exceeding two million two hundred and fifty thousand dollars. It seems probable that the United States geological survey, that under the necessity due to the war of no finding a domestic supply, these finer clays can be in large part replaced. Already a process of decoloring kaolin is reported as successful, and this may make large deposits of kaolin and ball clay available for the manufacture of white ware and pottery.

Important to Mothers.
Estate of Mrs. Denny for the use of CASTORIA, a safe and sure remedy for infants and children, and see that it is genuine. Write for Book of the "The Sign of the Cross" for the Children's Children Cry for Fletcher's Castoria.

Could Be Easily Put Right.
"Aren't you afraid to run about in your bare feet, over such a rough pavement?" was asked of a fair-haired little girl whose snowy "tootsies" betrayed their unaccustomed contact with the coarser things of earth. "Aren't you afraid you'll get out or wear?" "Yes, I am," returned the child frankly. "but, if I do, it's no matter. My papa's a doctor, and getting mended up again won't cost anyone a cent."

JOHN OWEN DENNEY WILL TELL YOU THE STORY OF HIS OWN LIFE IN HIS BOOK "THE SIGN OF THE CROSS" FOR THE CHILDREN'S CHILDREN CRY FOR FLETCHER'S CASTORIA.

Be Good To Yourself
by keeping in good physical trim and you will be the best friend to yourself and a pleasure to those around you. Most ailments begin in the ordinary and minor ailments of the digestive organs, and for these ailments

Beecham's Pills
have become the most popular remedy, because they are so safe, so certain, and prompt in their beneficial action. They tone the stomach, stimulate the liver, regulate the bowels. By cleansing the system and purifying the blood they prove that they

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

DR. J. D. KELLOGG'S ASTHMA
Remedy for the prompt relief of Asthma and Hay Fever. Ask your Druggist or write for it. Sole U.S. Dispensary, N. Y. NORTHPUR & LYMAN CO., INC., BUFFALO, N. Y.

Are You Troubled?
Boils, Biliousness, Malaria, Constipation.
Dr. Pierce's Golden Medical Discovery

Perhaps this case may be similar to yours
"I have learned that new disease." "Well," replied Uncle Flopaleo, "I haven't quite learned it, but I'm getting on my feet now." "I'm not sure as yet, but I've got over being afraid that I'll fall down."—Washington Star.

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The Army of Constipation
Is Growing Every Day.
CARTER'S LITTLE LIVER PILLS are responsible—they really cure you. They are permanent—they never return. They are the only pills that will cure you. They are the only pills that will cure you. They are the only pills that will cure you.

ABSORBINE
Removes Bursae, Enlargements, Thickenings, Swollen Tissues, Carbuncles, Filled Tendons, Sores, Dress Sores from Any Bristle or Straggle, Stings from Insects, Itches, Itchy Sores, Itchy Skin, Itchy Head, Itchy Neck, Itchy Ears, Itchy Throat, Itchy Lungs, Itchy Stomach, Itchy Intestines, Itchy Bladder, Itchy Vagina, Itchy Uterus, Itchy Menstrual Pain, Itchy Catarrhs, Itchy Gonorrhea, Itchy Syphilis, Itchy Eczema, Itchy Dermatitis, Itchy Scabies, Itchy Ringworm, Itchy Tinea, Itchy Trichinosis, Itchy Trichinosis, Itchy Trichinosis, Itchy Trichinosis.

W. N. U. DETROIT, NO. 44-1914.