Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at your druggist or from the store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.—Adv.

The Man of It.

His Wife—John, dear, won't you have another piece of cake?

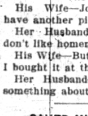
Her Husband—No, thank you; I don't like homemade cake.

His Wife—But this isn't home-made. I bought it at the bake shop.

Her Husband—I knew there was something about it I didn't like.

SAVED MINISTER'S LIFE.

Rev. W. H. Warner, Route 2, Myersville, Md., writes: My trouble was sciatica. My back was affected and took the form of lumbago. I also had neuralgia, cramps in my muscles, pressure or sharp pain on the top of my head, and nervous dizzy spells. I had other symptoms showing my kidneys were at fault, so I took Dodd's Kidney Pills. They were the means of saving my life. On Feb. 16th, 1916, I write to say that undoubtedly your medicine restored me to perfect health.



Rev. W. H. Warner

Dodd's Kidney Pills, 50c per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Dodd's Dyspepsia Tablets for indigestion have been proved. 50c per box.—Adv.

Wages and Sanitation.

"Pay the worker more and he will live better, and his family will escape much of the danger from disease," said Surgeon General Gorgas of the United States army, in an address to churchmen in Washington.

"In the treatment of tropical diseases," he said, "poverty must always be considered as one of the most important evils to be eradicated. Doubling the wages of workmen in Havana raised them from their former impecunious state and enabled them to live in more sanitary fashion than before."

"Sanitation is possible only where one is able to make the people understand the necessity of right living," he added. "In my experience I have found that a higher rate of pay is the most effective way of alleviating their former condition."

Women for Police Duty.

Spokane's civil service commission, after debating the type of woman that would make the best police officer, seems to have reached no very narrow definitions, the requirements being between five feet and five feet ten inches in height, between twenty-five and thirty-five years in age, and between 115 and 200 pounds in weight, timber line having been boosted to the latter figure to satisfy Commissioner J. M. Corbett, who admits a preference for woman officers of the "large, queenly type."

HANDY HUSBAND

Knew How to Get Part of the Breakfast.

"I know one dish I can prepare for breakfast as well as any cook on earth," said my husband one morning when the cook was ill and he had volunteered to help get breakfast. He appeared with his dish and I discovered it was Grape-Nuts which, of course, was easy to prepare for it was perfectly cooked at the factory, but it was a good illustration of the convenience of having Grape-Nuts about.

"We took up Grape-Nuts immediately after returning from a five years' sojourn in a hot country. Our stomachs were in bad condition and we were in poor health generally.

"In a day or two we liked Grape-Nuts better than any other kind of food on the table. We both gained steadily in health and strength, and this was caused by Grape-Nuts and Postum.

"A friend of ours had a similar experience. She was seriously ill with indigestion and could find nothing to eat that would not give her heartburn and palpitation, especially at night.

"She found that a small dish of Grape-Nuts with cream made her a satisfactory supper and gave her a comfortable night's rest. In a short time she gained several pounds in weight.

"There's a Reason." Name given by Postum Co., Battle Creek, Mich.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Important News Events of the World Summarized

Mexican Revolt

Gen. Gabriel Gavira, Carranza commander at Juarez, announced that the forces of the de facto government were in a position to take immediate control of the Villa situation if the American troops withdrew.

It has been officially reported at Mexico City from Queretaro that the Villistas have been badly defeated by government forces headed by Gen. Jose Cavazos at Cienegulla, west of Chihuahua City. Prisoners captured report that Villa is hiding at a ranch near Cienegulla.

The Mexican government has not given the American government permission to use Mexican railways for any purpose whatever, said Gen. Candido Aguilar, Mexican minister of foreign relations, at Queretaro, Mex.

Three United States citizens and one Spaniard were killed by Mexican bandits nine miles south of Rosario, Sinaloa, Mex., according to advices received at Tucson, Ariz., from Mazatlan.

Fifty persons, including women and children, were murdered by bandits between Torreon and Zacatecas on March 28, when the marauders wrecked the train on which they were riding, according to word received at San Antonio, Tex.

Domestic

A verdict in favor of the defendants in the Youmans $255,000 damage suit against Governor Hanna, other state officials, and several local bankers, was directed by Judge Kenesha in the district court at Minot, N. D.

In a fire which destroyed the home of Homer Dieble at Detroit, Mich., Mrs. Dieble, twenty-two, and her two children, Irma and Evelyn, were burned to death.

A large flour milling company announced that it would build a 3,000,000-bushel fireproof grain elevator in the railroad yards at Minneapolis, Minn., to supply the mills.

The street car strike at Toledo, O., was ended when the men were given an increase in wages of three cents an hour. They will not be permitted to wear union buttons and the open shop rule will prevail.

"Wild Bob" Burman of Detroit, Mich., Mechanician Eric Schrader of Chicago, and Frank Policeman W. H. Speer, dead, and five spectators injured; three of whom may die—that made up the tragedy that wound up the third annual road race at Corona, Cal.

A number of leading artists and cartoonists at New York proffered their services to the government, free of cost, in drawing posters to awaken the country to the need for industrial preparedness.

The farmers won the milk war in Chicago and the consumer will not be the victim. This was the gist of an announcement at the conclusion of negotiations between representatives of the distributors and producers. The producers will get $1.55 a hundred pounds.

An anarchistic plot to assassinate the rulers of European countries was uncovered in Chicago by State's Attorney Maclay Hoyne, and another plot of a secret organization to assassinate J. P. Morgan has been discovered by federal agents, according to dispatches from San Francisco.

An official count may be necessary to decide definitely the status of the Wisconsin delegates to the Republican national convention. Figures received indicate that the Conservatives, or Governor Philipp's faction, have elected eleven of the district delegates and the La Follette wing nine, with the Eleventh district still in doubt.

F. K. Jackson, former cashier of the Northwestern university at Evanston, Ill., who disappeared on November 12 with $19,000 belonging to the university, surrendered to the police at Chicago. He was released on $20,000 bail.

Warren G. Harding, United States senator from Ohio, was elected temporary chairman of the Republican national convention of June 7 by the subcommittee of the Republican national committee, in session at Chicago.

The bodies of Mrs. Hattie Crogan and her two daughters were recovered from an automobile that was engulfed in flood waters at Winona, Minn. The body of Ben Crogan has not been recovered. The Crogans were residents of Galesville, Wis.

Dr. Arthur Warren Waite was arraigned before Judge Grain in general sessions court at New York and entered a plea of not guilty to the indictment charging him with the murder of his rich father-in-law, John E. Peck of Grand Rapids, Mich.

A preliminary statement of the general results of the census of manufactures for Danville, Ill., issued by the census bureau at Washington, shows an increase in population from the 1910 census to July 1, 1914, of almost 4,000.

All mail from the United States entering Canada was opened in the Windsor, Canada, post office, read and then resealed with a small sticker bearing the printed word "censored." The post office is tracking a spy.

Mrs. Irma Kilgallen Howard, daughter of Martin H. Kilgallen of Chicago, and the heroine of a tempestuous romance with Count Jacques von Mourik de Beaufort, shot herself to death in a hotel at Omaha, Neb. She was married only a month ago to Joseph R. Howard, Chicago playwright, actor and composer.

European War News

Fierce German attacks against the French positions on Le Mort Homme (Dead Man's Hill) were renewed and the Teutons occupied 500 yards of an advanced trench, it was announced by the Paris war office in an official communique.

The British steamers Avon of 670 tons and the Adamton of 2,304 tons were the ships sent down, it was announced in London. The fate of their crews is unknown.

The German government announced at Berlin that no German submarine or warship was responsible for the explosion which damaged the British steamship Sussex.

The Russian army of invasion in Turkey is only 20 miles from Trebizond, according to a dispatch to Petrograd from Tiflis. The Russians are now advancing upon Surmenes.

A Japanese naval commission arrived at Petrograd to co-operate with officials of the Russian admiralty.

Replying to inquiries made by the Dutch minister at Berlin, Germany has informed Holland that it would have been impossible for a German submarine to have torpedoed the steamer Palembang, as no German vessel was near the vicinity where the Palembang sank.

An attempt to hold a nonconscription and peace meeting in Trafalgar square, London, was unceremoniously broken up by thousands of persons, who charged and dispersed the procession and tore up the banners and flags.

A successful attack by four German seaplanes on a Russian aviation station in Oesel island at the entrance to the Gulf of Riga is announced in an official statement issued at Berlin.

The great German drive west of the Meuse has at last captured Bethincourt. The peak of the French salient, which has been the object of the German attacks for nearly two weeks, was evacuated by the French after a big battle, according to the communique from Paris.

In the taking of Svetkavtze, near Tarnopol, the Russians captured 42 land mines and much booty. Austrian attempts to retake the place were repulsed, according to a Petrograd dispatch.

The German losses before Verdun up to the present time have reached the huge total of 200,000 men, one of the greatest battle losses in the whole range of warfare, according to estimates made public at Paris from a semiofficial source.

The Peninsular & Oriental liner Simla has been sunk in the Mediterranean with the loss of 11 members of her crew. All were Asiatics.

Washington

Stirred by recent threats against the life of President Wilson, carried in White House letters, Chairman Webb of the house judiciary committee at Washington presented a bill which is to get immediate consideration, imposing a five-year penitentiary term for those making such threats.

The German note in response to inquiries of the American government regarding the channel steamer Sussex and the steamers Englishman, Manchester Engineer, Eagle Point and Berwindvale was transmitted to the American embassy at Berlin. Germany denies responsibility for the sinking of the steamers.

Meredith Nicholson, author of Indianapolis, soon will be named assistant secretary of war, it was stated in reliable official circles at Washington.

Without objection the senate at Washington adopted Senator Hoke Smith's amendment to the Chamberlain bill providing for 75 hours of vocational training each month for enlisted men in the regular army.

The fortifications bill was reported favorably to the house at Washington. It carries direct appropriations of $21,997,050 and authorizes the war department to enter into contracts amounting to $12,300,000, a total of $34,297,050.

The federal trade commission at Washington presented to congress a preliminary report on its investigation of the rise in the price of gasoline. The report draws no conclusions as to the cause of the increase of prices.

A letter written by Dr. E. E. Pratt, chief of the foreign and domestic commerce bureau at Washington, to Chairman Alexander of the house merchant marine committee considering the administration shipping bill calls attention to the jump in ocean freight rates and reviews the shipping situation.

Foreign

The fiftieth anniversary of the entrance of Field Marshal von Hindenburg of Germany into military service is made the occasion of many tributes to the famous soldier.

Stephen Dragoumis, Greek minister of finance, has resigned his portfolio, says a Reuter dispatch to London from Athens. He is succeeded by D. G. Rhallis, minister of justice and communications.

Diese Abteilung ist für die Familienglieder, welche am liebsten Deutsch lesen.

Vom Schauplatze des europäischen Völkerkrieges.

Bei dem Angriff auf die Nordfront von Verdun mit der sich daran anschließenden Entwicklung tritt der abwechselnde Wechsel in der Tätigkeit der einzelnen Waffen hervor. Artilleriefeuer folgt auf die Anlage der Batterien und die mannigfachen Vorbereitungen für die Tätigkeit der Geschütze, und dann, wenn die feindlichen Linien erschüttert sind, nimmt die Infanterie sie im Sturm, und das Spiel beginnt aufs neue. Daß der Feind mit aller Kraft dieses Zusammengreifen aller Teile feinerseits zu stören suchen muß, liegt auf der Hand. Er entwickelt die größte Feuerkraft gegen die verlorenen Punkte, sucht sie zurückzuerobern, wenn ihre taktische Lage es verlangt, und benutzt sich ein weiteres Vorschieben des Angriffs aufzuhalten. So ergeben sich in Wirkung und Gegenwirkung Phasen, bis der Augenblick wieder gekommen ist, von neuem die Infanterie zum Sturm einzusetzen. Meisterhaft hat die deutsche Führung bei den verschiedenen Belagerungen, die der Weltkrieg aufweist, diesen Wechsel den jedesmaligen Verhältnissen angepaßt und ist zum Ziele gelangt. Die freie Beherrschung der Kräfte, die sich nicht an ein Schema bindet, ist dabei das kennzeichnende Merkmal.

Beispiele für diese Tatsache bietet der Kampf um Verdun fast alltäglich. Manche französische Stellung konnte höchstwahrscheinlich im Sturmangriff durch die Infanterie genommen werden, doch wird dies nicht ausgeführt bis die gründliche artilleristische Vorbereitung die Eroberung der gewünschten Stellung mit möglichst geringen Verlusten gewährleistet. Vielfach wird dieses langsame, systematische Vordringen als ein Zeichen dafür ausgelegt, daß die deutschen Führer es mit der Einnahme von Verdun nicht so sehr eilig hätten. Um dies beurteilen zu können, müßte man mit den Plänen der Führer betraut sein, was natürlich nicht der Fall ist. Sicher nur ist eines: die deutsche Führung wird ihren Zweck auf jeden Fall und unter allen Umständen erreichen.

Im engsten Zusammenhang mit der großen Offensive im Maas-Gebiete steht die Meldung von der Frontverlängerung der englischen Truppen in Nordfrankreich. Sie scheint eine Tatsache zu sein, da Berlin neuerdings Kämpfe mit britischen Truppen bei Ronsoy meldet, wo früher bekanntlich nur Franzosen standen. Abgesehen von dem Eindruck, den die Meldung auf die Franzosen machen soll, dient sie jedenfalls als ein Beweis für die Tatsache, daß die Franzosen nicht mehr nur früher auf starke Reserven zurückgreifen können, sondern ihre Verluste durch Zusätze aus anderen Teilen der Front ersetzen müssen. Nur die, zwingendsten Gründe können die Engländer veranlaßt haben, weitere Truppen auf den kontinentalen Kriegsschauplatz zu werfen.

Daß eine große englische Offensive im Norden in Vorbereitung ist, bedarf kaum der Erörterung, und es scheint, daß man auf deutscher Seite ganz genau weiß, wann die Briten fertig sein werden. Würde sie bald zu erwarten sein, würde man, selbst auf die Gefahr hin, sich größere Verluste zuzuziehen, in Verdun schneller vorgehen. Man kann sicher geben, daß die wichtigsten Maas-Stellungen in deutschen Händen sein werden, wenn es im Norden wirklich losbricht.

Die russische Offensive im Dünaburg-Abschnitt ist gänzlich zusammengebrochen. Den Russen war außerordentlich viel daran gelegen, vor dem Eintreten des Tauwetters im Besitze der Wilna-Dünaburg-Bahn zu sein oder sie durchbrechen zu haben. Dieses Vorhaben muß als endgültig gescheitert betrachtet werden. Der deutsche Generalstab macht mit großem Nachdruck auf die riesige Munitionsverschwendung der Russen aufmerksam. So haben sie es auch anfangs des Krieges getrieben, und später kam dann stets die Zeit des Mangels. In der europäischen Presse wird heute schon viel von einer großen deutschen Offensive gegen Riga zu Wasser und zu Lande geschrieben. Etwas wahres mag an den Meldungen sein, und es ist nicht ausgeschlossen, daß die russische Offensive im Riga-Abschnitt, bis hinunter zu der Brückenköpfen bei Friedrichsstadt und Jakobstadt, eine Gegenmaßregel gegen die bevorstehende deutsche Aktion war.

An der Kaukasus-Front sind die Kämpfe zum Stillstand gekommen. Die Türken haben den russischen Angriff nicht nur zum Stehen gebracht, sondern sie vielfach sogar zurückgeschlagen und sind selbst zur Offensive übergegangen. Schon auf der Strecke Erzerum-Trapezunt war es mit der russischen Siegesherrlichkeit vorbei und nach Süden hin — die Russen melden immer stolz „In der Richtung auf Bagdad" — sind sie nicht viel weiter gekommen.

Auf dem italienischen Kriegsschauplatz haben schwere Kämpfe am mittleren Laufe des Isonzo, bei Görz und Tolmein, stattgefunden. Sie waren für die österreichisch-ungarischen Truppen günstig, blieben aber auf lokale Aktionen beschränkt.

Aus Persien und Mesopotamien liegen keine neuen Meldungen vor.

Salonikі von deutschen Fliegern angegriffen.

Die Griechen haben bereits die Folgen für ihre unverantwortliche Zauderpolitik am eigenen Leibe in fühlbarster Weise zu verspüren. Nicht allein, daß sich die Alliierten in rücksichtslosester Weise als Herren der besetzten Gebiete des neutralen (!) Landes betrachten, das Land ist jetzt direkt zum Schauplatz des Krieges geworden, indem Salonikі kürzlich den ersten Besuch von Fliegern der Zentralmächte zu beklagen hatte. Dabei sind über 200 Alliierte Soldatenzelte, 27 Eisenbahn-Waggons mit Munition und zahlreiche militärische Baracken zerstört worden. Natürlich ist es ganz selbstverständlich, daß auch Privateigentum beschädigt und Zivilpersonen verletzt oder getötet wurden.

Die Alliierten Presse hat sich altgewohnten Gebräuche gemäß natürlich diese Gelegenheit nicht entgehen lassen, sondern ist mit Volldampf ins Geschirr gegangen, um die Welt besonders die griechische Bevölkerung gegen die deutschen Barbaren, dieses neuen Akts des Völkerrechtsbruches wegen aufzuhetzen.

Die Griechen jedoch sind klug genug, um sich selbst ein richtiges Urteil zu bilden und die infamen Lügen und Verleumdungen der Alliierten zu durchschauen. Der Gottpfeil der Verleumdung und Hetze schnellt darum auf die Alliierten zurück, indem die öffentliche Meinung im Lande der Hellenen in schärfster Weise sich gegen die fremden Eindringlinge kehrt, welche Salonikі widerrechtlich in diese gefährliche Lage gebracht haben, indem sie daselbst ihr militärisches Hauptquartier errichteten. Die Weigerung der Entente Regierungen, den angerichteten Schaden zu ersetzen, hat das Gefühl der Bitterkeit nur erhöht. Doch damit ist nicht geholfen. Die Exkremtnis kommt leider zu spät. Griechenland, welches sich im Anfange, wenn auch mancherlei Bedenken dagegen sprechen, mit Leichtigkeit hätte der aufdringlichen unerwünschten Gäste erwehren können wird jedenfalls nicht eher wieder Herr im eigenen Haus, als bis die Alliierten Störenfriede durch die Zentralmächte hinausgeworfen werden.

Amerikaner als „Schutzengel" auf Munitionsschiffen.

Daß die Engländer sich die größte Mühe geben, Amerikaner als Schutzengel auf ihre Munitionsschiffen zu engagieren und sie im Notfalle sogar zwingen, als solche zu fungieren, geht aus den nachfolgenden Depeschen hervor:

St. John, New Brunswick. Der hiesige amerikanische Konsul Culver erklärt, daß der vom britischen Dampfer „Eagle Point" gerettete Amerikaner wahrscheinlich Joseph Gleason von Boston sei. Dieser habe sich bei der letzten Reise an ihn gewendet, um seine Abmusterungspapiere zu erlangen aber der Kapitän habe sich weitlich geweigert, ihn freizugeben. Der Konsul konnte nichts für den Mann tun und dieser mußte die Reise mitmachen.

New London, Conn. Kapitän Hawksworth von England, der hier amerikanische Seeleute zu hohen Löhnen anwirbt, erklärte einem Berichterstatter des vielfigen „Telegraph" ganz offen, daß sie gebraucht würden, um auf englischen Schiffen von New York abzufahren, damit Amerika eventuell in einen Krieg mit Deutschland verwickelt werde. Auch suchte er Bürger mit guter Reputation als Passagiere, denen billige Ueberfahrt versprochen wird.

Japaner Herren im Stillen Meer.

San Francisco. Auf der deutschen Marschall- oder Ladronen-Inselgruppe im Stillen Meer, in der Mitte zwischen Hawaii und den Philippinen, haben sich die Japaner häuslich niedergelassen, erzählt der von einer Forschungsreise nach Korea heimkehrende Anthropologe Prof. Frederick Starr von der Chicagoer Universität. „Japan beabsichtigt nicht diese Inseln weder aufzugeben. Ein ausgezeichneter Postdampfer - Verkehr, Telegraph- und Kabeldienst ist eingerichtet worden. Massenhaft strömen japanische Bauern als Ansiedler in die neue Kolonie. In ganz Japan herrscht das Spekulationsfieber. 1,000 neue Millionäre sind entstanden." Dr. Starr erfuhr auch von ausgedehnten Geschäfts- und anderen Beziehungen Japans mit Indien.

Prof. Starr betont, die Japaner behandelten ihn mit ausgesuchter Freundlichkeit. Sie betrachteten die Ver. Staaten als einen Freund, der zu sehr auf Geldverdienen erpicht sei, um Krieg zu führen oder sich ernstlich an Weltereignissen beteiligen zu können.

PANCHO VILLA REPORTED DEAD?

MANY OF THE NATIVES REFER TO HIS EXACT BURIAL SPOT.

"TOO GOOD TO BE TRUE"

There Is a Suspicion That It Is a Cleverly Concocted Scheme of the Wily Bandit.

El Paso—"Too good to be true" was the way the border generally greeted the Mexican report that Pancho Villa is dead and buried, and that his scattered bandits are fleeing in any direction for safety.

There is a suspicion in army circles on the border that the story of Villa's death is a cleverly concocted scheme of the wily bandit himself to throw the American troops off his trail long enough to give him a chance to get out of their reach.

It has been established without question that Villa was wounded. General Gavira, commanding the Juarez forces, said that from last reports he had received regarding Villa, the bandit chief was about to die of blood poisoning.

IS REPORTED DEAD.

The fact that nobody has seen Villa personally since his rout at the hands of the American cavalry forces at San Geronimo two weeks ago, two days following the receipt of his wound, added strength to the report of his death and burial.

There is no doubt the report is general throughout the region where the American forces are now seeking Villa that he is dead. His exact burial spot is referred to by many of the natives in the vicinity of Satevo, who say that his grave is located near Santa Ana, 20 miles southwest of Satevo, General Pershing's latest advanced base.

American aerial scouts have been ordered to the scene to attempt to locate the grave.

HUGE ORDERS FOR COPPER

Great Britain and the Allies Buy 200,000 Tons.

New York—Tuesday was the last day on which Great Britain and her allies could exercise their options on copper for delivery during the current year. In consequence, the British government, in her own and the others behalf, has closed contracts within the last week for around 400,000,000 pounds of the metal, for which it paid about 27 cents a pound. All of this copper must be delivered by the end of 1916.

In addition, the Allies have closed options on 50,000 tons of copper, or 100,000,000 pounds. The price is understood to be about the same as that paid by Great Britain. At around 27 cents a pound, this represents a profit over the cost of production of upward of $18,000,000 for the copper companies. The total amount of copper already taken by the Allies is to the neighborhood of 200,000 tons which, at 27 cents or thereabouts a pound, will bring in a profit to the copper companies in the neighborhood of $72,000,000.

TELEGRAPHIC FLASHES

Y. M. C. A. officials are planning a campaign to clear the Adrian institution of a debt of $7,500.

George Zenfeldt, 70 years old, was found dead on the floor of the kitchen of the home of Arthur Tweed, of Cheboygan, an uncle, with whom he had lived.

London—The British steamship Simla, of 5,884 tons gross, has been sunk. Eleven members of the Asiatic crew were drowned. The rest were saved.

Berlin—The German government is able to announce that no German submarine or warship was responsible for the explosion which damaged the British steamship Sussex.

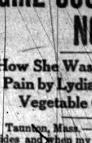
Washington—It costs the government approximately $14,000 each year for the care and maintenance of the Washington monument. Eleven men are employed there continually. Care of the grounds costs $7,000 more annually.

Tokio—At present Japan's naval fleet consists of 6 dreadnaughts, 4 battle-cruisers, 13 battleships of the pre-dreadnaught type, 4 cruisers, 50 destroyers, and 17 submarines. All told Japan's warships aggregate 660,484 tons.

GIRL COULD NOT WORK

How She Was Relieved from Pain by Lydia E. Pinkham's Vegetable Compound.

Taunton, Mass.—"I had pains in both sides and when my periods came I had to stay at home from work and suffer a long time. One day a woman came to our house and asked my mother why I was suffering. Mother told her that I suffered every month and she said, 'Why don't you buy a bottle of Lydia E. Pinkham's Vegetable Compound?' My mother bought it and the next month I was so well that I worked all the month without staying at home a day. I am in good health now and have told lots of girls about it."—Miss CLARICE MORIN, 22 Russell Street, Taunton, Mass.



Thousands of girls suffer in silence every month rather than consult a physician. If girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion would take Lydia E. Pinkham's Vegetable Compound, a safe and pure remedy made from roots and herbs, much suffering might be avoided.

Write to Lydia E. Pinkham Medicine Co., Lynn, Mass. (confidential) for free advice which will prove helpful.

Didn't Make Good.

"I hear De Hamm has left vaudeville."

"Yep—to its fate."

PROVEN SWAMP-ROOT AIDS WEAK KIDNEYS

The symptoms of kidney and bladder troubles are often very distressing and leave the system in a run-down condition. The kidneys seem to suffer most, as almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to dangerous kidney troubles.

Dr. Kilmer's Swamp-Root which soon heals and strengthens the kidneys is a splendid kidney, liver and bladder remedy, and, being an herbal compound, has a gentle healing effect on the kidneys, which is almost immediately noticed in most cases by those who use it.

A trial will convince anyone who may be in need of it. Better get a bottle from your nearest drug store, and start treatment at once.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y. for a sample bottle. When writing be sure and mention this paper.—Adv.

Ever notice how many females of the species wear hair that looks as if it had been nailed on by a carpenter?

Public Officials' Bonds.

We bond more people than any other company in the world. Maintain a special department for bonding public officials. Agents everywhere. Write for rates to Official Bond Department, National Surety Company, 30 West St., New York City. "America's Leading Surety Co." Adv.

When a man falls in love he seldom lands on his feet.

It Never Came Back

Backache Sufferer! Thousands will tell you what wonderful relief they have had from Doan's Kidney Pills. Not only relief, but lasting cures. If you are lame in the morning, have headache, dizzy spells and irregular kidney action, don't wait. Use Doan's Kidney Pills, the best recommended special kidney remedy.

A Michigan Case

"Every Picture Tells a Story"

Mrs. Harry Blanchard, near Cherry St., Hart, Mich., says: "Overwork weakened my kidneys and bladder and I was confined to bed. My back felt as though it was broken and the kidney secretions distressed me terribly. I felt often almost frantic with pain and at times had such bad dizzy spells, I could hardly see. The doctor failed to help me and finally I used Doan's Kidney Pills. They cured me."

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