

HOW TO GET YOUR KIDNEYS TO TAKE CARE OF YOURSELF

GET WELL

Told by Herself. Her Sincerity Should Convince Others.

Christopher, Ill.—"For four years I suffered from irregular, nervousness, and was in a run down condition. Two of our best doctors failed to do me any good. I was told that I had a kidney trouble. I tried it and was cured. I am no longer nervous, am regular, and my health is excellent."

Health. I believe the Compound will cure any female trouble.—Mrs. ALICE HILLER, Christopher, Ill.

Nervousness is often a symptom of weakness or some form of derangement, which may be overcome by Lydia Pinkham's Vegetable Compound. It is the result of its long experience in the thousands of women have found by experience.

Communications sent, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.

JUST YOURS IDEA OF JOKE

Chastly Trick Played on Maud Allen During Performance of "Salome" in Budapest.

There are, of course, jokes and jokes, especially practical ones, as Miss Maud Allen, the dancer, found to her cost when giving a special performance of "Salome" at Budapest some time before the war.

As she approached the delicious clasp of the second waltz, at one moment she kissed the severed head of John the Baptist, she suddenly realized that she was holding the actual head of a dead man.

She managed to go through the remaining movements until the fall of the curtain. Then she collapsed.

Inquiries elicited that a certain Count Zichy, a great Hungarian nobleman, had substituted the head of a recently executed criminal for the painted-machete head usually used in the dance.

"It was," says Miss Allen dryly in telling this story, "the count's idea of a practical joke."

Cataral Deafness Cannot Be Cured

by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Cataral Deafness, that is by the use of HALL'S CATARRH MEDICINE, which is introduced into the ear by a special method. HALL'S CATARRH MEDICINE acts directly on the inflamed membrane of the middle ear, and restores it to its normal condition. It is the only medicine that can be used in the ear without causing pain or irritation. It is the only medicine that can be used in the ear without causing any other trouble. It is the only medicine that can be used in the ear without causing any other trouble. It is the only medicine that can be used in the ear without causing any other trouble.

Well!

Heard in an English evening street car early Saturday morning.

Motorist (alighting)—How is it back there, buddy (addressing the conductor)?

Conductor—Steen below zero. You ought to be comfortable alongside that heater.

Motorist—Yes, it's so hot here I'm sweating glands.

News Passenger—What a cheery liar—Indianapolis News.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound and 1/4 oz. of glycerine. Any drugist can put up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Santa Claus of the Air.

Just before the war an American nobleman sent his grandchildren and his Christmas presents by air in the most approved Santa Claus manner. The gifts might have been old Father Christmas himself as he alighted on the wide lawn in front of the castle and stepped out to meet the children, who had rushed out to see this strange sight.

Comfort Baby's Skin

When red, rough and itching with hot baths of Cuticura Soap and touches of Cuticura Ointment. This means sleep for baby and rest for mother. For free samples address, "Cuticura, Dept. X, Boston." At drug stores and by mail, Soap 25, Ointment 25 and 50—Adv.

MURINE Granulated Eyelids.

When red, rough and itching with hot baths of Cuticura Soap and touches of Cuticura Ointment. This means sleep for baby and rest for mother. For free samples address, "Cuticura, Dept. X, Boston." At drug stores and by mail, Soap 25, Ointment 25 and 50—Adv.

Talk to the Gunners

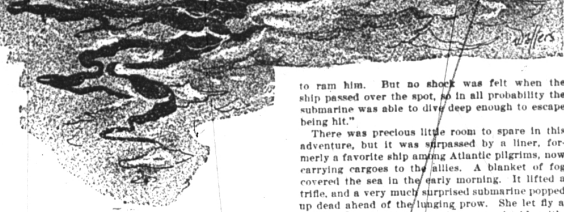


Thrilling Battles With U-Boats Revealed by Records of the Navy Department

By RALPH D. PAINE.

RE AMERICAN armed merchant ships really sinking any German submarines? If you care to believe the water-side rumors and fo'c'sle yarns, one of these devilish marauders is rammed or blown up on every voyage across the Atlantic. In anxious hours merchant seamen seek hand and pound the bar with hairy fists strong liquors magnify the tales, and one concludes that the Kaiser's fleet must have swept out by now. The navy's records are less fanciful, strictly adhering to the motto of the man from Missouri.

Here is the account of an action fought by a cargo steamer, the *Imperial*, for doubt that one very busy U-boat was suddenly removed from the active list of the imperial German navy. It is advisable to omit the name of the chief boat-wain's man, who, as a reward for his valor, was promoted to warrant rank as a reward for his valor, was promoted to warrant rank as a reward for his valor, was promoted to warrant rank as a reward for his valor.



whole crew displayed a most commendable spirit during the battle."

This is precisely as it should be, blue-jackets and merchant seamen standing together, fighting the enemy as one thought American crew, and the Stars and Stripes hoisted at the first shot by order of the skipper. Chief Gunner Clark had the honor of reporting to the navy department:

"As the submarine displayed no flag and was coming nearer, we fired a shot. The submarine, which was then about 7,000 yards away, replied immediately with what seemed to me, on account of the range, a very faint report. Her first shot fell amidships about 100 yards short. We changed our course due west, increasing speed. The submarine followed us, keeping up fire. The fight lasted for about 20 minutes. We fired 25 shots. The submarine fired over 30, including some shrapnel toward the end, which exploded astern of our ship too high to do any damage.

"Our last two shells seem to have hit the submarine in the forward part. A few seconds later her bow jumped up, and she went down, stern upward at an angle about 45 degrees. The submarine did not come up again. I believe it was sunk then and there. No damage was done to our ship, and there were no casualties."

The American passenger liners, maintaining this service almost as regularly as in time of peace, would naturally run the quietest and oftenest than the same number of cargo boats. They sail on an express schedule and spend little time in port. It is no secret that they are fast and well served by the navy. The navy's records are less fanciful, strictly adhering to the motto of the man from Missouri.

The American passenger liners, maintaining this service almost as regularly as in time of peace, would naturally run the quietest and oftenest than the same number of cargo boats. They sail on an express schedule and spend little time in port. It is no secret that they are fast and well served by the navy. The navy's records are less fanciful, strictly adhering to the motto of the man from Missouri.

The American passenger liners, maintaining this service almost as regularly as in time of peace, would naturally run the quietest and oftenest than the same number of cargo boats. They sail on an express schedule and spend little time in port. It is no secret that they are fast and well served by the navy. The navy's records are less fanciful, strictly adhering to the motto of the man from Missouri.

The American passenger liners, maintaining this service almost as regularly as in time of peace, would naturally run the quietest and oftenest than the same number of cargo boats. They sail on an express schedule and spend little time in port. It is no secret that they are fast and well served by the navy. The navy's records are less fanciful, strictly adhering to the motto of the man from Missouri.

ALL MEN AT HOME SHOULD PREPARE FOR WAR

IT'S THE SAME EVERYWHERE

Corunna, Mich.—"I had been sick a long time with kidney and bladder trouble. Had backache all the time. I did everything, but could not find any relief. One day I saw in an advertisement of Anuric in the paper. I sent 10 cents to Dr. V. M. Pierce, Buffalo, N. Y., for a trial package. The sample did me so much good that I got more from the druggist. I can't begin to tell what Anuric has done for me. I will send a good word for it. For I can be too grateful."—MRS. JULIA MONTFOUR, Corunna, Mich.

Japanese Language Taught.

Instruction in the Japanese language in the university and high schools of New South Wales is now on the same basis as instruction in German and French. High school pupils who desire to take courses in Japanese and later pursue the study at the university with a view to taking a degree, must give four years in a high school and the university. The university also offers a course in Japanese for those who wish to take a degree in Japanese. There is also a large class of about 75 students in the university who are studying Japanese in life, which is now studying Japanese at the university, and the language is being taught at the military school. The increased trade between Japan and Australia has caused the average business man to realize the importance of these courses.

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 **Dr. J. C. Fletcher** and is in Use for Over 30 Years. Children Cry for **Fletcher's Castoria**.

Watch Your Calves

At the first indication of scours or diarrhea, call **Chloroform Remedy** for calves. It is the only medicine that can be used in the calf without causing any other trouble. It is the only medicine that can be used in the calf without causing any other trouble. It is the only medicine that can be used in the calf without causing any other trouble.

Your Liver Is The Best Beauty Doctor

A dull, yellow, lifeless skin, or pimples and eruptions, are twin brothers to constipation. Bile, coming from the liver, is getting into your blood instead of passing out of your system as it should. This is the treatment in recent years—once a year—once a pill daily (make only when necessary).

YOU NEED NOT SUFFER WITH BACKACHE AND RHEUMATISM

For centuries GOLD MEDAL Haaren Oil has been a standard household remedy. They are the pure, original source of Haaren Oil, your great grandmother used, and are perfectly harmless. The working, soothing oil soaks into the cells and lining of the kidneys and through the body. They are the filters, the purifiers of your blood. If the poison which enters your system through the blood and stomach are not entirely thrown out by the kidneys and bladder you are doomed. Weariness, sleeplessness, nervousness, depression, backache, stomach trouble, headache, pain in limbs, and lower abdomen, gonorrhoea, gravel, difficulty when urinating, loss of body strength, rheumatism, sciatica, lumbago, all warn you to look after your kidneys and bladder. GOLD MEDAL Haaren Oil Capsules are what you need.

160 ACRE FARMS IN WESTERN CANADA

Get under the Shower of Gold

coming to farmers from the rich wheat fields of Western Canada. Where you can buy good farm land for \$20 per acre and raise 45 bushels of wheat to \$22 to the acre it's easy to make money. Canada offers by her provinces of Manitoba, Saskatchewan and Alberta

The Stomach Begins

digestion, but the most important work is done by the bowels, liver and kidneys. Failure of these to act efficiently allows the whole body to be poisoned.

BEECHAM'S PILLS do more than produce bowel movement. Liver, skin, and kidneys are influenced to more active effort with resulting increased effect. It is always safe to take