

**TO GET** up in the morning tired and unrefreshed, with a dull, heavy head, often amounting to head-ache, to feel low-spirited and "blue"—are symptoms of self-poisoning by food poisons, not neutralized or eliminated by bowels, liver and kidneys acting in harmony.

# Beecham's Pills

help to remove the cause of this trouble. They act gently and safely, but also very efficiently.

Sold by druggists throughout the world. In boxes, 10c., 25c. Directions of Special Value to Women are with Every Box.

At the Fireside,
Bitgard comin' nighter-chimney's
rumbili' sound; but thank the Lord for
like, and room to stand around. Troub
bles seem to leave us—from the light
they race; Joy is all the sweeter from
the old-time freplace. That's where
winter's sunny, though lost to slikes o'
blue. (Here's your chair, my honey,
and here's your kinting, teo-Prink
L. Stanton in the Atlanta Constitution,
with much interest the remarkable
with much interest the remarkable

Cuticura Heals Skin Troubles





Bringing Home the Germa.
When our soldier boys iningle with
the soldiers of all initionalities and
fight over strange and disease-sonked
sold they may acquire many strange
out, bring them along, warns World
Outlook. Pestlence has generally
been a camp follower of war. But selcace is dealing with this problem with
unprocedented vigor. Sir William Oster said: "Never before in block never
before in war time have armies been
so healthy."

## FOR THE KIDNEYS

"So it is."
"So it is."
"Then why do you call her Peggy?"
"Short for Pegasus."
"What has that to do with it?"
"Why, Pegasus is an immortal

eed."
"What of that?"
"Sh! Not so loud! She's in the
ext room. You see, an immortal
eed is an everlasting nag, so there
was are!"

Oangerous Remedy.

Olecmap" (holding down a tramp
he sidewalk)—No danger, ma'am,
merely having a fit.

nd Lisly—Gracjous! Shall I get
water to throw in his face?

elfeman—Do you want to kill him?

Cause and Effect.
"How did you get such a snap?"
"Oh, I just rubbered around a little.



Big Series of Schools, Congresses and Conventions Opens in January.

TRACTOR "CAMP" PLANNED

College to Conduct Two Weeks' Course in March for Training of Tractor Engineers.

Engineers

From Office of Publications, Michigan Air College.

East Lansing—If there is a farmer in Michigan who is not familiar in 1918 with all the whats, whys and where wager that he is one of four thiggs-deaf, dumb, hind or a paralytic, for Michigan has outlined a plan of action for training her citizens for the fary in the farrows just about as thorough in two ways as a United Sanistone for mind of the most office of the farmer way and continuing until the middle of March, will be one of schools, congresses and conventions for the farmer, and all of them will be conducted in East Lansing, the sent of the Middigan Agricultural col.

igan agricultural college has just com-pleted a careful study of the rate of

"Is he an anarchist?"
"No; he has far too much mo for that."

SOAP AND POSSIBLE FAMINE Youngsters Have No Worry Over Im-pending Danger—Conservation of the Present Supply.

ATTENTION!

Sick Women

To do your duty during these trying times your health should be your first consideration. These two women tell how they found health.

tell how they found health.

Helam, Pa.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles and a displacement. I felt all run down and was very weak. I had been treated by a physician without resulta, so decided to give Lydia E. Pinkham's Vegetable Compound a trial, and fatt better right away. I am keeping house since last Ap to 6a any work. Lydia E. Pinkham's Vegetable Compound is certainly the best medicine a woman can take when in this condition. I give you permission to publish this letter." "Mrs. E. R. Churkinno, R. No. I, Hellam, Ps. Lowell. Mich.—"I suffered from tramps and dragsing down pains, was irregular and had female wakness and displacement. I began to take Lydia E. Pinkham's Vegetable Compound which gave me relief at one and restored my health. I should like to recommend Lydia E. Pinkham's remedies to all suffering women who are troubled in a similar. Way."—Mrs. E. ELEH HEIM, R. No. 6. DOX S. Lowell, Mich. Why NOT Truy

Why Not Try

LYDIA E. PINKHA

## GREEN'S AUGUST FLOWER

Has been used for all allments that tre caused by a disordered stomach and inactive liver, such as sick head when, constipation, sour stomach,

TO BANISH WRINKLES

Before retiring bathe the face and neck with hot water, then dry for three minutes rub Ustt into the skin gently with the finger tips. This is a wonderful skin food made from pure

Only One "BROMO QUININE"
To get the commine call for full name LAXATIVE
BROMO QUININE, Look for signature of E. W.
GROWE, Cures a Cold in One Day. 20c.



## YOU NEED NOT SUFFER WITH BACKACHE AND RHEUMATISM

## Scenes of Prosperity





HOMESTEAD OF 100 and other land at very low prices.
During many years Canadian wheat fields have averaged 20 bushels acre—many yields as high as Wonderful

atonk—Ain't you a stork? Stork—What did you think a bill collector?