

# WEAK KIDNEYS MEAN A WEAK BODY

When you're fit, your body begins to break a little at the knees. Motion is more slow and deliberate. "Not so young a man," you say to yourself, and you are right. You need to be a little wiser and wiser about your health. Certain bodily functions upon which good health and good spirits so much depend, are impaired. The weak spot is generally the bladder. Unpleasant symptoms show themselves. Urinating, especially in the morning, is a painful and distressing experience in other organs. This is particularly true of the bladder. If you only know how, this trouble can be obviated.

For over 20 years GOLD MEDAL Haazen Oil has been relieving the inconvenience and pain due from chronic rheumatism, a life-time home remedy, and needs no introduction. It is now put up in identical, tasteless capsules. These are easier and more pleasant to take than the oil in bottles.

Each capsule contains about one dose of five drops. Take them just like you would any pill, with a small swallow of water. They soak into the system and throw off the poisons which are making you suffer, for your time. They will quickly relieve...

**Carter's Little Liver Pills**  
You Cannot be Constipated and Happy  
Small Pills, Small Price

**Carter's Iron Pills**  
ABSENCE OF Iron in the Blood is the reason for many colorless faces but will greatly help most pale-faced people

# You Can Now Eat Your Favorite Food Without Any Fear

**Kramer Says: "Eatonic" Rids Weak Stomachs of Acids, Gas, Heartburn, Food Repeating and Stomach Miserics**

What miserable feelings are caused by an upset stomach! That light, heavy, "bloated" sensation that follows a full meal, robs good living of half its pleasure. Is there any way out for you sufferers with stomach weaknesses? Yes! H. L. Kramer, the man who originated Eatonic, has found a sure, reliable relief for indigestion, dyspepsia, "sour stomach," heart-burn, formation of painful gases, "bloating," etc. He calls his stomach relief, EATONIC, and it certainly is making a wonderful record. Countless thousands of people who formerly approached their meals with dread, now eat their fill of their favorite foods without fear of the after-effects. Mr. Kramer says: "My EATONIC tablets are the solution of the good problem of indigestion and all forms of stomach misery."

# FLOATING specks before the eyes, dizzy spells, palpitation of the heart, less appetite or craving for sweet or sour kinds of food—are signs of self-poisoning by products of poorly digested or imperfectly eliminated food waste which have entered the blood.

Beecham's Pills assist to restore normal action of liver, stomach and kidneys.

## BEECHAM'S PILLS

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

**The Bird Man of the Future.** "Confound it!" exclaimed the birdman of 2074 A. D. "Smatter pop!" asked the night owl. "Oh, I was going to try a little with the boys last night, but my wife stuck my wings full of molasses and I couldn't fly any farther than the Dept. M. C. A."—Richmond Times-Dispatch.

**Dandruff and itching.** To restore dry, falling hair and get rid of dandruff, rub Cuticura Ointment into scalp. Next morning shampoo with Cuticura Soap and hot water. For free samples address, "Cuticura Dept. X, Boston." At druggists and by mail, Soap 25, Ointment 25 and 50.—Adv.

# Scenes of Prosperity are Common in Western Canada

The thousands of U.S. farmers who have accepted Canada's generous offer to settle on homesteads or buy farm land in her provinces have been well repaid by beautiful crops of grain and other products.

Where you can buy good farm land at \$15 to \$30 per acre—get \$2 a bushel for wheat and raise 20 to 30 to the acre—many times as high as the average—that you can do in Western Canada—what you can do in the provinces of Manitoba, Saskatchewan or Alberta you can get a **HOMESTEAD OF 160 ACRES FREE** and other privileges.

# Final Log of Vindictive's Tact of Glory

## Hall of Fire Sent Ship to the Bottom of Ostend Harbor.

### SURPRISE IS WELL PLANNED

Attack Comes From Sea, Land and Air Before Germans Awake—Vindictive, Screened by Smoke From Land Batteries, Silent to Its Goal.

The British admiralty issued the following graphic story of the recent raid on Ostend, which resulted in blockading nearly all the entrance to the U-boat base by the sinking of the old cruiser Vindictive across the channel.

"The Sirius lies in the surf some 2,000 yards east of the entrance to Ostend harbor, which she failed so gallantly to block, and then, in the early hours of the morning, the Vindictive groped her way through the smoke screen and looked for the entrance it was all through, the old fighting ship awake and headed on.

"A coastal motor boat had visited her and hung a flare in her stack and rusty rigging, and that eye of mistletoe, the pulling in of star shells, or reflecting through the drift of smoke, watched the whole great enterprise from the moment of its beginning to its ultimate success.

Depended on Surprise Attack. The planning and execution of that success had been entrusted by Vice Admiral Beatty to the able and daring officer, Herbert Lynes, who directed the previous attempt to block the harbor with the Sirius and Brilliant. Upon that occasion the conditions were seen and unforeseeable conditions had fought against him.

"This time, the main problem was to obtain the effect of a surprise attack upon an enemy who was clearly, by his ascertained dispositions, expecting him. The Sirius and Brilliant had been hidden in the shelter of the Stroom bank buoy, which marks the channel to the harbor entrance. But since then aerial reconnaissance had established that the Germans had removed the buoy altogether and that there now were no guiding marks of any kind.

"This also had our eyes in the piers as a precaution against a landing, and further, when toward midnight Thursday, the ships moved from their anchorage, it was noted that some British German destroyers were out and were at large upon the coast.

Night Nearly Windless. The solution of the problem is best indicated by the chronicle of events. It was a night that promised well for the enterprise—nearly windless—and what little breeze stirred came a point or so west of north. The sky was lead blue, faintly star-dotted, with no moon, and a still sea for small craft, near the harbor and coastal motor boats whose work was done close inshore.

"From the destroyer which served the commodore for a flagship, the commander of the flotilla saw only as silhouettes of blackness.

"From Dunkirk a sudden fire burst of gunfire announced that German airplanes were about. They actually were on the way to visit Calais, and over the invisible coast of Flanders the summer lightning of motorist artillery rose and fell monotonously.

"There's the Vindictive!" The muffled sennet and merrins standing by the torpedo tubes and guns turned at that name to gaze at the great black ship seen mistily through the screening smoke from the destroyers' funnels, plodding silently to her goal and end.

"She resolved into the night stern of the destroyer moved to lay a light buoy that was to be her guide, and those on board saw her no more. She passed these into the hands of the small craft whose mission was to guide her light buoy and hide her in the clouds of a smoke screen.

"There was no preliminary bombardment of the harbor and batteries, as before the previous attempt. That was to be the first element in the surprise. A time-table had been laid down for every stage of the operation, and the staff work beforehand even included precise orders for laying the smoke barrage, with plans calculated for every wind.

Gait Always Solemn. "Monitors anchored in firing positions for seaward awaited the signal. The great sea batteries of the Royal Marine artillery in Flanders, among the largest guns that were ever placed on land mountings, stood by likewise by their guns. The batteries of anti-air along the coast, and the airmen who were to collaborate with an aerial bombardment of the town waited somewhere the darkness overclouded. Destroyers patrolled to seaward of the small craft.

# Libby's

## Tempting veal loaf

WHAT is more tempting for a summer luncheon than Libby's savory Veal Loaf? Freshly garded it makes a dainty yet substantial dish—and one all ready to put on the table!

Order Libby's Veal Loaf today. You will want it always on your shelves—for quick lunches—for unexpected guests.

Libby, McNeill & Libby, Chicago



Had Not Studied German. A twelve-year-old boy attending an Indianapolis school has established a reputation for patriotism. Recently he started home so full of Americanism and the troubles that he began to yell "Hoch der Kaiser!" People listened and wondered why the youngster was giving forth such an utterance. Just before he reached the gate a man stopped him and asked him why he was shouting for the Kaiser. The boy denied it. "That means hang the Kaiser," the man put him right and that night the boy went over the same road yelling "Hang the Kaiser, hang the Kaiser!"

Remove Varnish. When doing over an old piece of furniture old varnish may be quick removed by washing with a solution of one part water glass (silicate of soda) and seven parts water. Use mixture generously, as it is cheap, and you will wash the wood looking fresh and clean as new. When dry stain and wax.

Change of Name. "Do you like snorkraft?" "Yes. But we insist on changing its name. We call it de-natured cabbage."

His Inventions. "He's an inventor." "What does he invent?" "Excuses for not working mostly."



# The Farmer's Share

Live stock is marketed from farmer to consumer at a lower cost than almost any other farm product.

The United States Department of agriculture reported in 1916 that the farmer gets for his cattle "approximately two-thirds to three-fourths" of the final retail price paid by the consumer for the resulting beef.

Under normal conditions, the farmer's share of retail prices of various farm products is approximately as follows:

Butter	71 per cent
CATTLE	65% to 75 per cent
Eggs	66 per cent
Potatoes	55 per cent
Poultry	45 per cent
Fruits	35 per cent

The difference between farmer's price and retail price represents the necessary expenses of packing, freight and wholesale and retail distribution.

Swift & Company not only performs the manufacturing operations of preparing cattle for market in its well-equipped packing plants, but it pays the freight on meat to all parts of the United States, operates 500 branch distributing houses, and in most cases even delivers to the retail butcher. All this is done at an expense of less than 2 cents per pound, and at a profit of only about 1/4 of a cent per pound of beef.

Large volume of business and expert management, make possible this indispensable service to the indispensible to the consumer, and make possible the larger proportion of retail prices received by farmers.

Year Book of interesting and instructive facts sent on request. Address Swift & Company, Union Stock Yards, Chicago, Illinois

# Swift & Company, U.S.A.

## Sapolio doing its work. Scouring for U.S. Marine Corps recruits.

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# FRENCH REFUGEES FLEE FROM GERMANS

With all their household goods loaded on the cart and their two cows being led behind these French refugees are fleeing to points of safety behind the British lines. Many of the inhabitants of the front-line towns were forced to evacuate their homes when the first attack of the German offensive was launched. Many less fortunate than these pictured in this British official photo were compelled to leave all their worldly possessions behind when they fled.



# PARIS FETES NOT HALTED

"Kolossal Kanon" Falls to Interfere With Numerous Jours Des Fetes. Paris—Big Bertha may temporarily suspend the more or less frivolous diversions of the Parisian, but it would take a good deal more than that to interfere with the numerous Jours des fetes for which the French capital is so famous. Celebrations were held for example, right under the nose of the guns.

# Counterfeiter Shortage Another Result of War

Washington. The war has caused a shortage even of counterfeiters. The spurious ten-dollar note, the fashioning of which was the favorite hobby sport of a group of skilled fakers, has practically disappeared. It was sold by secret service operatives, who were unwilling to the holder that the ship is directly into the war. It was thought that the foreign members of these gangs were inclined to the holder that the modification of reserves, and that the Americans had been taken in the draft. However, secret service operatives are not resting on their oars. On the contrary, recognizing the possibility of new talent appearing almost at any time, they are continuing to subject the nation's paper currency to the closest scrutiny.

# BUILD "FABRICATED VESSELS"

Component Parts of British Ships Made Inland and Assembled on Coast. London. "Fabricated" vessels are one of the latest and most interesting developments of Great Britain's shipbuilding drive. A fabricated ship is one whose component parts are manufactured in other than shipbuilding yards, usually in plants inland. The new fabricated ship is larger than most of the standard ships and there is not a curved frame in it. In fabrication of ships the aim was to increase speed of production and also to utilize for shipbuilding purposes such plants as bridge-building yards and land engine factories. It is expected that ships of the new type soon will materially increase tonnage output.

# WALKS 18 MILES IN SLEEP

Pennsylvania Girl Wakes Up at End of Stroll and Looks Upon Strange World. Berwick, Pa.—Miss Elizabeth De Rau, twenty-five, yawning, rubbed her eyes and then looked with amazement upon a strange world. Her uncovered feet were bruised and sore and in her hands she carried her shoes. Another yawner and the mystery was explained. She had walked from Hanston,