

HOW TO BUILD BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached, I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headache disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman suffering as I was."—Mrs. ADELINA B. LYNN, 100 Plain St., Providence, R. I.

Dr. Kellogg's Asthma Remedy

For the prompt relief of Asthma and Hay Fever. Ask your doctor. Write for FREE SAMPLE.

Northrop & Lyman Co., Inc., Buffalo, N. Y.

PARKER'S HAIR BALSAM. Makes the hair grow. Keeps it clean and healthy.

It is illegal in Saskatchewan, this year, to destroy straw-stacks in accordance with a general farm custom in the Canadian as well as in the United States West. In the past, farmers after setting aside sufficient straw for their own use, burned the surplus, an utterly useless remainder. The war is dispelling the belief, in country as well as in town, that there are such things as useless remainders. Straw has become a necessary raw material in the order prohibiting its destruction may be followed by another forbidding the wholesale burning of autumn leaves, instead of using them for fertilizing purposes.

OLD PRESCRIPTION FOR WEAK KIDNEYS

Have you ever stopped to reason why X is that so many products that are ex-

A prominent druggist says: "I know of no so large a sale."

"Many a man would be proud to stand in your shoes," replied Senator Borahum. "Politics out my way not so expensive that a man might expect to lose his shoes almost as easily as his reputation."

Outcure Beauty Doctor For cleansing and beautifying the skin, hands and hair. Outcure's Soap and Ointment afford the most effective preparations.

Your Granulated Eyelids. Your Eyes. Your Druggist or by mail 50c per Bottle.

Gunner Depew

By Albert N. Depew. Ex-Gunner and Chief Petty Officer, U.S. Navy. Member of the Foreign Legion of France. Captain Gun Tur on the French Battleship Cassard. Winner of the Croix de Guerre.

GUNNER DEPEW, IN HOSPITAL, SEES UNUSUAL INSTANCE OF HUN FRIGHTFULNESS.

Synopsis.—Albert N. Depew, author of the story, tells of his service in the United States navy, during which he attained the rank of chief petty officer, first-class gunner. The world war starts soon after he receives his honorable discharge from the navy and he leaves for France with a determination to enlist. He joins the Foreign Legion and is assigned to the dreadnaught Cassard, where his marksmanship wins him high honors. Later he is transferred to the land forces and sent to the Flanders front. He gets his first experience in a front line trench at "St. Dizme." He goes "over the top" and gets his first German in a raid and has an exciting experience. In a fierce fight with the Germans, he is wounded and is sent to a hospital.

CHAPTER IX.—Continued. But there was a nurse there, who took special interest in his case, and she stayed up day and night for some time and finally brought him through. The case was very well known, and everybody said she had performed a miracle. He got better slowly.

Then a few weeks later, when he was out of danger and was able to walk, and it was only a question of time before he would be released from the hospital, this nurse was transferred to another hospital. Everybody knew her and liked her, and when she went around to say good-by, all the men were sorry and gave her little presents, and wanted her to write to them. She was going to get a nurse who knew the other hospital to turn her letters into English, so that she could write to me. I gave her a ring I had made from a piece of shell case, but I guess she had hundreds of them at that.

But this German doctor would not say good-by to her. That would not have made me sore, but it made this French girl feel very bad, and she began to cry. One of the French officers saw her and found out about the doctor, and the officer went up and spoke to the German. Then the French officer left, and the German called to the nurse and she went over to him and stopped crying. They talked for a little while, and then she put her hands as if she was going to leave. He put out his hands, too, and took hold of hers. And then he twisted her wrists and broke them. We heard the snap.

There were men in that ward who had not been on foot since the day they came to the hospital, and one of them was supposed to be dying, but it is an absolute fact that when we heard her scream, there was not a man left in bed.

I need not tell you what we did to the German. They did not need to shoot him, after we got through with him. They did it to show what was left of him, to make sure, though.

Now, I have heard people say that it is not the Germans we are fighting, but the Kaiser and his system. Well, that is an absolute fact, so the Hoche soldiers would not do these things if they did not have to; myself, I am not so sure.

But you take this doctor. Here he was an educated man, who had been trained all his life to help people who were in pain, and not to cause it. And he was not where he would have to obey the Kaiser or any other German. And this nurse had saved his life.

So I do not see that there is any argument about it. He broke that girl's wrists because he wanted to; that is all there is to it. Now, I say this German doctor was a dirty cur, and a second-rate. But I say that he is a fair sample of most of the Germans I have met. And it is Germans of this kind that we are fighting—not merely the Kaiser.

It is like going to college. I have never been there, but I have heard some people say it did not do a man any good to go. But I have never heard a man who went there say that.

other ex-navy gunners in the States that would serve with the French. I told them the country was full of good gunners and he wanted me to write to get them to go over to him. He did not mean by this, and neither do I, that there were not good gunners in the French navy, because there were—lots of them. But you can never have too many handy boys with the guns, and he was very anxious for me to get all I could. I had no way of reaching the ex-garblers I did know, so I had to pass up this opportunity to recruit by mail.

While we were in Biz I got permission to go aboard a submarine and a petty officer showed me around. This was the first time I was in the interior of a sub and I told the officer that I would like to take a spin in the tub myself. He introduced me to the commander, but the petty officer said he did not think they would let me stay aboard. I showed the commander my passport and talked to him for a while, and he said he would take me on my practice cruise two days later if the Old Man gave the written permission.

So I hot-footed it back to the Cassard and when I did not promise that I would get any American gunners for him in exchange for the written permission, he was free to think that if he wanted to. It seems as though he did take it that way, for he gave me a note to the sub commander and sent him another note by messenger. The sub commander wanted me to go, but the Old Man said none was enough.

So, two days later, I went aboard in the morning and had breakfast with the sub crew and a good breakfast it was, too. After breakfast they took stations and the commander went up on the bridge, which was just under the conning tower, and I squatted down on the deck beneath the structure.

Then the gas engines started up and made an awful racket and shook the old tub from stem to stern. I could tell that we had cut loose from the dock and were moving. After a while they shut off the gas engines and started the motors and we began to submerge. When we were all the way under I looked through the periscope and saw a Dutch merchantman. We stayed under about half an hour and then came back to the surface.

One of the garbles was telling me later on that this same sub had got out of control a few weeks before and kept diving and diving until she struck bottom. I do not know how many fathoms down it was, but it was rather a long time before the commander would take a bath if he could help it. This garby said they could hear the plates cracking and it was a wonder that they did not crumple up from the pressure, but she weathered it, pressure broken on all, and in a quarter of an hour was on the surface. While on the surface they sighted smoke, submerged again, and soon, over the horizon came eight battleships, escorted by Zeppelins and destroyers.

They tested their tubes before they got in range. Finally they let go. The first shot missed, but after that they got into it good and the garby said you could hear the "knocking" of the detonated gunpowder.

About five minutes later they sighted five destroyers, two on each bow, and one dead ahead. The sub steered in at right angle zigzags and the destroyers stayed with their convoys. The sub launched two torpedoes at least than a mile before diving, to get away from the destroyers and the garby said at least one of them was hit. These ships must have been some of the lucky ones that came down from the North sea. The garby said he thought they were off the Dutch coast at the time, but he was not sure.

But this cruise that I was on was only a practice cruise and we did not meet with any excitement in the short time that we were out.

In the next installment Gunner Depew tells of the wonderful work of the British and French navies in the Gallipoli campaign. Don't miss it. (TO BE CONTINUED.) Must Remain Awake. "Opportunity knocks at every man's door," said Uncle Eben; "but if you 'jest' sits down, your chance is liable to drop off to sleep an' not notice it."

Helpless as a Baby Bent Like an Old Man and Suffered Terribly—Quickly Cured by Doan's.

Geo. Bleemke, Jr., 2753 Cortland St., Chicago, Ill., says: "I was down with my back suffering from lumbago. I walked like an old man, all bent over. My back pained and I was very nervous. My arms and legs were very stiff. I finally had to go to bed and just felt sick all over and was helpless as a baby. My kidneys acted too frequently, my secretions were scanty and highly colored, I had terrible pains in the back of my head and I felt drowsy all the time. I finally used Doan's Kidney Pills and soon felt a hundred per cent better. When I finished the one box I was entirely cured. The pains left my back and head and my kidneys acted normally. I am glad to recommend Doan's to other kidney sufferers."



Get Doan's at Any Store, 60c a Box. DOAN'S KIDNEY PILLS. F. L. DOAN, MANUFACTURER, POSTER-MILBURY CO., BUFFALO, N. Y.

Every Woman Wants Pastine ANTISEPTIC POWDER

FOR PERSONAL HYGIENE. Dissolved in water for douches stops profuse itching, irritation and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years.

Soothe Your Itching Skin with Cuticura

ALL cases of itching skin, whether due to eczema, dermatitis, or other skin diseases, are quickly relieved by Cuticura. It is the most effective and most economical remedy for itching skin.

HIS SUDDEN MOVE EXPLAINED. Razor Demonstrator Was Not Actuated by Desire to Impress Maggie and Her Companions.

Two middle-aged women and a skinny boy in knee pants stood in front of a show window to watch a razor demonstrator in action. His work failed to satisfy one of the women, who said:

"My soul and body, why don't he port up and show what his pay-ment can do? I like to see people work like they took some interest in it."

As she spoke, the demonstrator gave an expert slash to the steel and held it forward to show the keenness of its edge. The suddenness of this violent move was explained by the other woman:

"Lor', Maggie, he must have heard you through the glass—you sure have got him going."

But Maggie had nothing to do with it. The young man's sudden snarl was entirely due to a clean-faced man who had paused to take in the demonstration.

New Orleans is threatened with higher street railway rates.

POSTUM advertisement. When the morning cup is unsatisfactory, suppose you make a change from the old-time beverage to the snappy cereal drink. INSTANT POSTUM. You'll be surprised at its cheering, satisfying qualities and delightful flavor. It's all health—no caffeine. Try a Tin.