# BEFORE AND AFTER CHILDBIRTH

Mrs. Williams Tells How Lydia E. Pinkham's Vegetable Compound Kept Her in Health



commend your medicine t is alling. You may publish ial if you think it will help of CARRIE WILLIAMS, Overpe ailing. You may pursue of the second irregular hes, heads nedy for





The Leather Medal Winner, Wes there any excitement at the as there any excitement at the last summer?" asked Esther. se," replied Dolly, "One day as stitling on the pier a man who n't swin fell off. I ran to where was a coll of rope for just such ses, and threw it to him."

"Perfectly great! And pulled him out?" "No, I flidn't have anything to pull on. I threw him the whole coll."---American Legion Weekly.

MOTHER! CLEAN

## CHILD'S BOWELS WITH

CALIFORNIA FIG SYRUP

Even a sick child layes the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is lattless, cross, feverish, full of coid, or has coile, give a tenspoorful to gleanse the liver and boxvis, In a few horoughly it works all the constipa-tion poloso, nour bile and wate out of the boweis, and you have a well, play-tic child again.

the bowels and you have a well, pray-ful child again. Millions of mothers keep "California Fig Syrup" handy. They know a tea-spoonful today saves a sick child to mortow. Ask your druggist for genu-tos "California Fig Syrup" which has directions for hables and children of all ages printed on bottle. Motherl You mast asy "California" or you may

st say "California" or you may imitation fig syrup.—Advertise-

### Foxes Infest War Trenches

roxes infest War Trenches. Foxes have multiplied greatly in the valley of the Meuse, and in several districts have much each of the deferred French and German trenches. The solders, perhaps, had little idea when they licknamed - them ."fox holes" that some time real foxes would inhabit them.

The Garrulous Sex. ---Women always have to mo-like the conversation. A woman sit still and listen for one full te." Shm--'Oh, indeed! Sup-the other party to the conversa were making a proposal of mar-" He--'Not even then. She'd 'yes' before he'd spoken a min-He polize can't sit

Two of a Kind. n egotistical fellow Blank

"Not any more so than Blair. When those two get talking it reminds one of the ancient law of retaliation, an I for an I. you know."



**KATHLEEN** NORRIS COPYNIAMT OF KATHLEEN NORRIS oked pained, but there was genuine ASKING DAD "Where is your "Down there by tor Strickla -D of the Ali twe toctor's the ty-one.

0)

(CHAPTER II-Continued.)

selected the conght it dov saplina

Hong

rending, slipping nois scream from Martin and Pete A time anger away, In-rtin sat up, "om one

little

where growth: Aris reproduced suf-"in-1 thought have born "most" (Carry sold, in the softest unself," (Carry sold, in the softest interference of the solution of few induces hare Alix, before and farith left for the shifty correnancy of A few induces hare Alix, before and farith left for the solution of the mail. The house was very still, early sum-er seventees was difficult inducing dide opened windows and doors; the ong day was solvely declining. Anne A fe Martin

think Chorry is

ace, asked: All



"Dad!" Said Cherry, "I've Brought Martin to Supper,"

The

But nothing was the same. The o

plans, if the younger girl do not, w) Alix only he tabled of the engag urght, and she knew from his co-ments, his doubtful manner, that felt it to be a mistake. The len yea

place, was moré sile than the girls had ev 5. Anne and Alix kno

martin to Supper." ther's face, they saw that by one firm, small hand she drew her lover beside-her. Martin Lovd's smilling race showed above hers in the hamplight. "Ind!" said Cherry, with a childish-breath. "Ind." Livereach: "Said Cherry, with a childish reath. "Dad! Eve brought Martin o supper!"

CHAPTER III.

three at the table did not

27 at the table did not move as twenty slow seconds. Dr. , who had pushed back his whose hands were resting to before him, stared at them Anne, with a quick little rprise, smilled faintly. Alts. ult, and vos-treadly. Anne, with a quick little is slot of surprise, surbed fainting, Alty, i loss of surprise, surbed fainting, Alty, i he unstitud, widewed her eyes, and mainting the surprise surprise surprise aking Cherry's toux. "There of a surprise surprise surprise submitting to tell you?" "The old man looked at him sharpty, and annest scruby, looked about at the girls' faces, and was sclaut. "He next instant Anne-"ne next instant Anne-"sen and instant Anne-

"Well--" said the doctor, .ouched, real present, but it can be his gentlest tone, "well! It had and it will look like new." soon, Mr. Lloyd. willing to wait, But If

BIRMINGHAM ECCENTRIC

ur messing one second? catching him by the arm

And so on and on. The other girls stened, sympathized and rejoiced, but i was not always easy. August brought Martin. He was elighted with his work in the El Nide "Emmy Younger," and every had to say about it was nd interesting. It was still busy winter. He tage, a pretty crude weeks, right at the

does that listen to you?" he herry. She gave her father a and interrogative glance

ctor asked, pleasantly, litle bit of everything, now," answered, readily and respect-"Later, of course, I shall have day Alix and the engaged d up to invite Peter to **a** some on the old Bilthedale and as he

sked them day, they him busy inder the dons dish man said, approvingly, C ed admiringly, with all her er eyes, at her husband-to-b

ee, omehow, a few days later, wedding as were in the air, and they were taking it for granted that Cherry

MAR - She She Was Delightedly Discussing Trous-seau Now.

# wful Possibility Contained in Bar-ber's Warning Must Have Stirred

phia Ledger.

HE'LL STAY AWAKE NOW

Up Mr. Brown,

while he was shaved ---

entere that is really used to add confort and good cheer of the on cool evenings is a never-source of joy. One that fails on too common fault in latter-lings-can often be enlarged rvice changed at small ex-od mails used.

Use the Fireplace

so, and made useful. The ca-baying a house full of fire-p ch never have a fire in the that is as absurd as it is

As John Brown ast in the harber's char siep overtook him, and while the kulpt of the latter prepared the cremm stuff, John Brown doed off "I beg your parties, str," such the barier the minutes latter, "You'l have to wake up, if can't share you" where the intent of stuff, overmore, "What," Con't you share ne without ma generation of state the without were to be married a nedlately; in October, in fact. The for at first persisted that the event st wait until April, but "Maptin's soundle impattence and Cherry's initive "But why, Duddy?" were too ch for him, Why, Indeed? Cher-s mother had been married at eight-, when that mother's husband was pe in his heart fulfill their first often all. 294 after

at nothing should be that nobody but them-share the secret, someald ye let n asked, some ening when 1 g from the Nido

"This is the place, Baby Girl; El Nido, and not much of a place. \_\_\_\_\_

(TO BE CONTINUED.)

RIGHT METHOD OF TRAINING ingster of Dold Spirit Docs Not Need Curb So Much as Incul-cation of Courteay.

between Cherry and Marti him; 'he spoke of it arai bold spirit is invaluable, but an erthent manner is an about paties  $d_{1}^{(d)}$ is an abomination Philadelphia Eve-1 parents, uncon-

reased bind; the spoke of it again mann. herry was choused, toos, and not is inclusively and an energy of the system of the sponsels, not only caused her hap-trance in the other is estic-multiple of the sponsel of the self-combines. Show the sponsel of the show the sponsel of the sponsel of the shandling, or the sponsel of the sponsel and the sponsel bind prom-Determined the sume of the second sec nd. 80104

youngster is not apt to the

 The house was very still, reacting the monor house of the start matches are strongly, housed about a the strongly, housed about a the strongly house a damaged by any strongly about the strongly, housed about a the strongly house a damaged by any strongly about the strongly housed about a the strongly housed about th f the ad judge and reign



Never say "Aspirin" without saying "Bayer." WARNING! Unless you see name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 21 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain
	0	,

example of a crime as a set, baby and dighting powder and set for their minds, minds, farther from the facts, and effective and the children a

ter of the

Accept only "Bayer" package which contains proper directions Handy tin boxes of 12 tablets-Bottles of 24 and 100-All druggists. Aspirin is the trade mark of Bayer Manufacture of Monoacetheeidester of SaligiBeach

USE DRUGS TO GAIN COURAGE Saved by Swollen Grain. The The steamer Seapool struck an berg off Newfoundland and bega fill. The swelling of the grain in forehead stopped the hole and an. ice-gan te in her d pre-Stimulant Subsides, Criminals e Cringing Cowards Again, Declares a Writer. oup men, shoplifters, burglars chuckets are the largest users gs. Most persons think mor-herein, exclue and optim are ef in by the criminal classes be completion of a crime as a for their minds.

cented her Freshen a Heavy Skin. With the antiseptic, fascinating Cuti-cura Tulcum / Powler, an exputitely scented convenient, economical face, skin, baby, and dusting powder and

Writings and Paintings, the Work of Nipponese Statesmen, Have Been Sold at Big Prices.

equivalent of 3400 and another lot of four brought about \$500. Prince Parametarias productions predictioned \$20 to \$300 will plotted prediction of \$20 to \$300 will plotted Sainol brought from \$200 to \$300. A chrysenthepuum palnies by Mir, Norda, minister of communications, plains of \$200 and an orchid from blue bruchs sold for \$500. Mir, Naminato, minister of agriculture and somieras, had a picture and Mr. Tokicania, the home minister, a poen. The painting of kakenome is a fa-vorite pustine of the Japanese.—Fills adelphia Injurier.

A great many titles, if they are nded, ring false," said Corthandt ecker at a Newport tea. "Since World war, especially, there has

about. "Some of them are as surpletons as Rev. Washington, White's. His Utbey was 'W-rev. Washington White, DA A straheer asked him to explain it, and he shd: "the Hu(y', Splote" Vertex

<sup>1</sup> "De Haly Smitht universary Vicksburg, sah, will sell me a D title for fo'ry dollars. Wall, Afr up a collection among mah fijck, collection 250, sah, and de mitter done sent me mah fust D. Soon's send de ndder twenty Ah gits de sintle."

t fails litter-"Algernon, I cannot be engaged to littered you any longer." "Why not? Some out of the source of the source of the littered by I married Mr. Fluidedb," "In that have the source of the source of the littered by I married Mr. States of the littered by I married

guess I'll have to re Louisville Courier-Joi

May Versus Can

send title."

Policen

Real Rest Depends Largely Upon the Depth of Your Sleep A warning to "light" or "poor" sleepers

The deeper and sounder you eleep the better you foil. Five hours sound refreshing sleep does you more actual good than ten hours restless, disturbed Aleep. This is because the final conversion of food into vital tisse and nerve cells goes on more rapidly when the physical and mental forces are at rest.

You can't get sound, refreshing sleep if your nerves are agitated with tea or coffee. Both these drinks contain caffeine, which is sometimes very tritating to the brain and nervous system.

If you want to know the joy, vigor and affina that domes to the person who gets sound, althful aleep, why not stop taking tea or coffee r a while, and drink delicious, invigorating sutum instead.

Thousands of people everywhere have found at this was the only thing they needed in order bring about these very happy results.

stum comes in two forms: Instant Postum (in tins) stantly in the cup by the addition of boling water. Ceresi (in packages of larger bulk, for those who o make the drink while the meal is being prepared) y boiling for 20 minutes.

Order Postum from your grocer today, Drink this dightful create beverage of coffee-like flavor, for a week. Perhaps, like thousands of others, you'll never be willing to go back to tea or coffee.

Postum for Health "There's a Reason"

Postum de instant

said: Haly Saints' university

D. D.

ll, Ah took flock, and nniversity

sover of the often. Of left of the distance is a subject of arrists. Writ-riminals are ings and publiclings of applies of the left of arrays, given it is the Japani, of the output of the distance is a subject of the output of the distance is a subject of the indication of the distance is a subject of the indication of the distance is a subject of the indication of the distance is a subject of the indication of the distance is a subject of the indication of the distance is a subject of the indication of the distance is a subject of the indication of the distance is a subject of the distance is a subject of the indication of the distance is a subject of the distance is a subject of the distance is a subject of the indication of the distance is a subject of thed