

Life Was a Misery

Mrs. F. M. Jones, of Palmer, Okla., writes: "From the time I entered into womanhood . . . I looked with dread from one month to the next: I suffered with my back and bearing-down pain, until life to me was a misery. I would think I could not endure the pain any longer, and I gradually got worse. . . . Nothing seemed to help me until, one day, . . . I decided to . . ."

TAKE

CARDU! The Woman's Tonic

"I took four bottles," Mrs. Jones goes on to say, "and was not only greatly relieved, but can truthfully say that I have not a pain."

"It has now been two years since I took Cardu, and I am still in good health. . . . I would advise any woman or girl to use Cardu who is a sufferer from any female trouble."

If you suffer pain from womanly trouble, or if you feel the need of a good strengthening tonic to build up your run-down system, take the advice of Mrs. Jones. Try Cardu. It helped her. We believe it will help you.

All Druggists

IMPORTANT NEWS THE WORLD OVER

IMPORTANT HAPPENINGS OF THIS AND OTHER NATIONS FOR SEVEN DAYS GIVEN

THE NEWS OF THE SOUTH

What is Taking Place in The Southland Will Be Found In Brief Paragraphs

Domestic

Lieut. Harold F. Maxon of Los Angeles and Cadet G. F. Gedson of Tallahassee, Fla., were killed when their airplane crashed to the ground in a hay field near Comack, N. Y. It was caused, it is thought, by an explosion in midair.

The so-called billion-dollar budget for railroad improvements and equipment has proven insufficient to meet war needs, and it has been increased to \$156,000,000 more than the original aggregate—that is to say, to \$1,097,398,000.

There is a growing need for more cars due to the great demand on the railroads for war service.

The Tulsa (Okla.) Confederate reunion committee, composed of many of the leading citizens of Tulsa, have been engaged for some weeks raising a fund of one hundred thousand dollars and perfecting an organization for the entertainment of the twenty-eighth annual reunion of the United Confederate Veterans' association, the Confederate Southern Memorial Association and the twenty-third reunion of the Sons of Confederate Veterans, on September 24-27, inclusive.

It is believed that one hundred thousand delegates and visitors will attend the Confederate reunion to be held in Tulsa, Okla.

Arrangements have been made to care for, free of charge, from 5,000 to 10,000 Confederate veterans at the reunion September 24-27 to be held in Tulsa, Okla.

Organized labor's emphatic opposition to any work or fight provision in the new man-power bill extending the draft ages is expressed in a letter from Samuel Gompers, president of the American Federation of Labor, to the members of the senate military committee.

Generous support of the schools, colleges and universities where it will not interfere with the operation of the draft law, is urged by President Wilson. He deprecates any falling off in the schools further than necessarily requires.

"My only regret is that I am unable to fight beside my sons." Thus runs the answer of Col. Theodore Roosevelt to the expressions of condolence from President Poincaré on the death of his son, Quentin.

Dispatches from Cape May, N. J., report that the American schooner Dorothy Barrett was sunk by shell fire from a German submarine. The schooner was set on fire by the shells. Seaplanes and chasers dropped bombs without result over the spot where the U-boat was last seen.

Robert Fay, who has been at liberty two years, having escaped from the federal prison at Atlanta, Ga., has been apprehended in Spain, and will return to the United States without extradition. He had been convicted of placing bombs on ships carrying supplies and troops to Europe.

General March is reported to have said to the senate committee on military affairs that it is up to the United States to put enough men in France to win the war, and that when we get four million men "over there" under one American commander we will go through the German lines whenever and wherever we may elect.

Washington.

American troops at home and overseas are setting world records for health and low death rates.

Deaths from disease among soldiers during the week ending July 26 were at the rate of 1.9 per thousand a year. In the past the best rate was 20 per thousand during the Russo-Japanese war.

Official dispatches from American Consul General Poole in Moscow lifted the curtain for a moment on what has been going on in Moscow, Russia, and revealed an amazing train of events.

Recruiting of labor in the neighboring British colony of the Bahama Islands, off the coast of Florida, for use in emergency war work in the United States, is going on actively at Nassau, reports reaching Washington indicate.

It is announced that the annual death rate among civilians of military age is 6.7 per thousand.

French and British citizens have recently been arrested in Moscow and the Bolsheviks announce they will be held as hostages because of the attack on the soviet government by British and French troops at Archangel.

And now Mexico turns to smite the hand that saved her. All the oil in Mexico is owned by American and British companies. Under the newest decree Mexico attempts to make off with the property of the nation. Mexican petroleum that would become a nationally-owned contraband, and as such might not be sold by a neutral country to a belligerent under international law.

Members of the French and British military mission stationed in Moscow have been refused permission to leave the country in spite of a previous promise of safe conduct.

Freedom of departure from this country of aliens by means of which a number of dangerous enemy aliens has been able to escape from the authorities since the United States entered the war will not be permitted after September 15 under a proclamation signed by President Wilson and an executive order.

Fifty thousand women will be needed by July 1, next year, to assist in the care of the sick and wounded in the American army.

Fully 15,000 women can be used as hospital assistants or student nurses in the United States, says Surgeon General Gorgas.

The allies need this year 420,000 barrels of crude oil, for which they depend entirely upon the United States. The United States can produce not over 315,000,000 gallons. The Mexican fields can supply 130,000,000 barrels.

European.

Lord Robert Cecil, British under secretary of state for foreign affairs, says he believes the international commission on revitalizing forms the nucleus of a league of nations.

Available from French sources, it is pointed out that the German losses since the beginning of the war to the present have been not less than six million men.

From the British Army headquarters in France, it is learned that German acknowledges her man power is dwindling.

Judging from the news emanating from Russia, the march of events is rapidly assuming proportions of a rout to the Bolsheviks.

Czecho-Slovaks have taken new heart in their heroic fight against the Germans and Austrians, due to the rapid movement of allied troops at Vladivostok, and to the west of that city.

Just four weeks ago the residents of Paris were awakened by the sounds of such a cannonade as they never had yet heard. It was General Mangin's "counter preparation" against the German attack which the enemy believed was to take him into the gates of classic Paris.

Allied troops, among whom the men from America have borne a creditable part, have captured 73,000 prisoners and more than seventeen hundred guns in the four weeks' drive against the central powers.

The German supreme command on the western front, it is reported, has sought to specialist in retreats—General von Boehn, who conducted such a masterly retreat four years ago, when General Joffre turned and hit them so hard that they never knew what had happened.

The Germans are being beaten and outgeneraled at every point, and the soldiers from America have hardly yet started.

"Another defeat for us; we shall lose the war. We have nothing to eat, no clothes, no shoes; we shall starve and be utterly ruined." As a cure for this state of mind the Volks Zeitung says an Amsterdam dispatch, administers an antidote in the shape of a raging article about the enemy "wanting to murder, rob and enslave German men, women and children."

Foch and Haig probably will continue attacking on the Somme, but they will never achieve more than pyrrhic victories, which will assist in the attrition of their own forces," says Baron von der Osten, the military critic of the Rheinische Westfälische Zeitung of Essen.

The Weser Zeitung of Bremen, with ill-concealed pessimism, regrettably admits that the once derided United States army is giving more trouble than was anticipated.

The Frankfort Gazette is pleading with the German military authorities to tell the whole truth "as far as possible."

Allied and neutral shipping sunk by enemy submarines during July amounted to 270,000 tons. This is about one-half of the tonnage sunk in July, 1917.

The entente nations constructed during July a tonnage in excess of 280,000 tons that were destroyed during the month by enemy operations.

Turnout in Bohemia has resulted in the execution of anti-Soviet Czech soldiers and wholesale arrests in many raids. The Hungarian garrisons are being reinforced and arms are being confiscated. Public and private meetings have been prohibited, and several newspapers suppressed while others are censored.

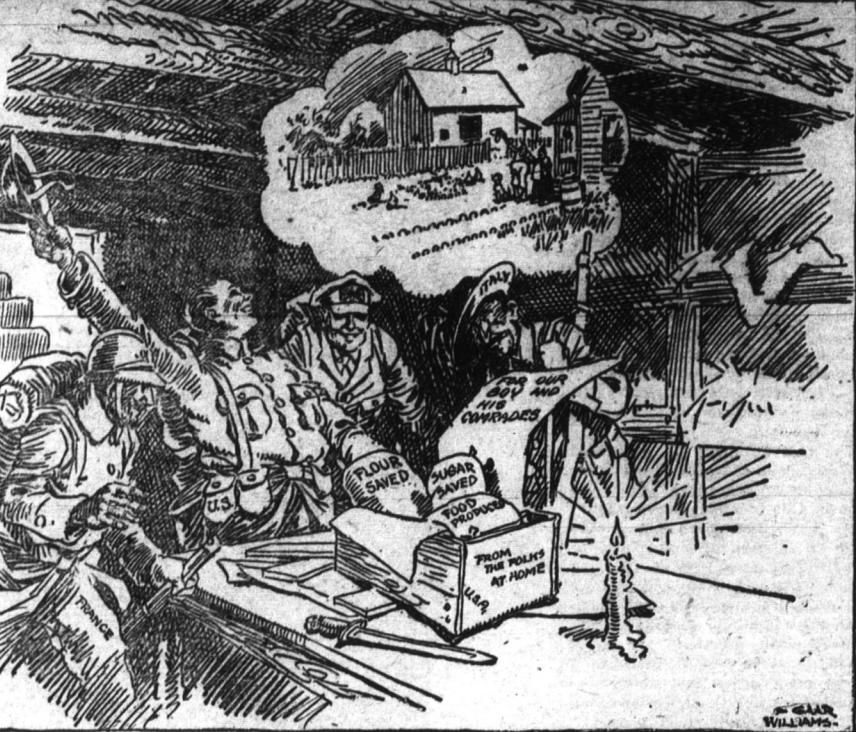
Many newspapers say it is believed that even a slight incident will bring about a general uprising in Bohemia.

Four hundred and forty-two men are missing as a result of the torpedoing of the French steamer Djemah on the Mediterranean the night of July 14-15, while bound from Bizerte to Alexandria, with troops on board, according to a French official announcement.

The British government has issued a declaration formally recognizing the Czecho-Slovaks as an allied nation and the three Czecho-Slovak armies as an allied force regularly waging warfare against the central powers.

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A BOX FROM HOME



Drawn by Gaar Williams, Division of Pictorial Publicity.

GREAT STRATEGIC GAINS ARE MADE

ENEMY RETREAT OVER FRONT OF SIX MILES; MERVILLE IS NOW IN BRITISH HANDS.

NOTABLE ADVANCE BY FRENCH

French Penetrate Line to Depth of Miles or More and Capture Towns and 2,200 Men.

The Germans on three important sectors of the western battlefield have been compelled to give up positions of great strategic value under the onslaughts of the British and French troops.

In the Lys sector, west of Armentières, the enemy has retreated over a front of nearly six miles, leaving the town of Merville in British hands. Between the Matz and Oise rivers the French have fought their way to the western outskirts of the dominating position of Lassigny and farther south in this hill and woodland region have debouched from the Thiescourt wood and also captured the town of Pimprez, situated in the Oise valley on the Noyon-Compiègne road.

Around the curve in the battlefield, northwest of Soissons the French from near Carlepont to Fontenoy on the Aisne, a distance of approximately nine miles, have driven back the enemy to an average depth of more than a mile and captured several villages and 2,200 prisoners.

ENEMY DEFENSE IS GROWING WEAKER

Unofficial reports record the capture by the British of the railway station on the western outskirts of the important town of Roye, one of the pivotal points on the battlefield between the Somme and the Oise, but there is no official confirmation of this.

Viewed on the war map the gains in the new operations are most important ones for the allies, for aside from wide areas over which the enemy has been compelled to acknowledge defeat the weakening in the German defense is becoming daily more noticeable.

GERMANS ARE NOW IN BAD PREDICAMENT

Under the new gains of the British around Roye and particularly those made by the French from Lassigny to the Oise valley and northwest of Soissons, the Germans now are in a bad predicament. Here their positions are dominated by the allied guns from the west, southwest and south for many miles and apparently a retreat eastward across the plains of Picardy and over the Somme and even from the western Aisne will be necessary.

Fruit marmalades, butters and jellies should be used to take the place of the ordinary sweetening at a meal and not as accessories to it. Fruits may be preserved without sugar. It may be added when sugar is more plentiful.

Preserving demands this year a thin syrup instead of a heavy syrup.

If sugar is used one-half of the amount may be replaced by another sweetener.

Drying is a means of preserving (without sugar) apples, cherries, strawberries and black caps.

When ready to use they may have added the needed sugar in the form of a syrup. When sugar is more plentiful fruit juices may be made into jellies or may be used as fruit juices with or without sugar, as beverages, fruit gelatin and frozen desserts.

Fresh fruits supply the place of sugar in the diet. They should be used freely. Desserts where sugar is scarce may be made of gelatins, junkets, custards, puddings and cakes.

If you go to a hotel in England or France these days and order tea or coffee they serve absolutely no sugar with it. If you want sugar you must bring it with you.

In England today has a sugar ration of two pounds a month per person. In France the ration is a pound and a half and in Italy it is one pound a month. And the prices in allied countries are from two to three times as high as in America.

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