



ATTACK OF KNITTING NERVES

Many Women Suffering From Trouble and an Epidemic Feared, Declares Physical Director.

Now it's "knitting nerves," caused by concentration of mind and hand on the needles. Thousands of women in New York are afflicted, according to Dr. Louis R. Weizsäcker, physical director of the West Side Y. M. C. A., who adds that his only patients showing symptoms of the new war-time complaint have been women. Doctor Weizsäcker says that there is liable to be an epidemic of "knitting nerves" unless knitters learn to knit properly. He offers the following advice as a remedy:

"Don't hunch over your knitting; sit upright, and when your mind tells you you have knitted enough, quit. There are 365 days in a year, and you can't finish a sweater in a day, no matter how much you love a silder or a sail-or."

Dr. C. P. Christenson of the Psychological Research society concurred in the predictions of Doctor Weizsäcker. He attributed the nerve scourge to the failure of women folk to comprehend "the vibrations of nerve laws."

He continued: "The women are overworking themselves. Knitting has become a craze. Nerves cannot stand this strain."

BOSCHEE'S GERMAN SYRUP

Why use ordinary cough remedies, when Boschee's German Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles. It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning, gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. Sold in all civilized countries. 80 and 90 cent bottles.—Adv.

Put to Work by Women.

The resourcefulness of women canteen workers in the French field is illustrated by a recent achievement reported from Paris headquarters of the American Red Cross. Seven of these workers were operating a rest station at one of the aviation camps abroad. Having an insufficient number of tin cups for the use of the canteen, the head worker discovered that there were several plumbers among the German prisoners working about the camp. She gathered a quantity of empty tin cans and set the plumber prisoners to work fashioning drinking cups. The canteen was quickly supplied with plenty of well-made tin cups, with neat handles made from the covers.

May Soon Call on Women.

Women and children "for the present" will not be made subject to compulsory munition work in Germany. The reichstag committee on national service raised objections to a proposed project to make women and even youths between fifteen and seventeen subject to compulsory munition work. The war office then stated that "for the present" it will not be necessary to call up the women and children.

Bermuda's Imports.

Bermuda's 1916 imports aggregated \$3,575,899 in value; exports, \$2,821,733.



The Rich Flavor Grape-Nuts

is due to the blending of malted barley with whole wheat flour. Wheat alone does not possess this rich flavor. The wonderfully easy digestion of Grape-Nuts is also partly due to the barley for the barley contains a digestive which wheat lacks.

"There's a Reason for Grape-Nuts"

The KITCHEN CABINET

There is a difference between efficiency and effectiveness. Efficiency is doing in the best way something that makes oneself better off; effectiveness is doing in the best way something that makes other people better off.

GOOD EATING.

From stale bread cut six slices, remove the crusts and butter the bread.

Put through a food chopper sufficient fresh coconut from which the brown skin has been pared to make a cupful and a half. Separate the whites and yolks of three eggs, beat the yolks with

half a cupful of sugar, a half teaspoonful of vanilla and one pint of milk. Cut the bread in half-inch dice. Arrange half of it in a baking dish, sprinkling one quarter of the coconut through it. Pour over it half of the raw custard, add the remainder of the bread, another quarter of the coconut and the rest of the custard. Bake in a moderate oven until set in the center. Spread the top with a layer of quince jelly, cover with the remainder of the coconut and over all heap the whites beaten to a stiff froth and sweetened with three tablespoonfuls of sugar. Sift sugar thickly over the top and brown in the oven.

Pittsburgh Potatoes.—Wash and pare potatoes and cut in half-inch cubes. There should be one quart. Put in a stewpan with one small onion chopped fine, and cover with boiling salted water, cook five minutes, add three canned pimientos drained and cut in strips, and cook five minutes; drain and put into a buttered baking dish. Melt four tablespoonfuls of drippings, add the same amount of flour, cook until well blended; then add two cupfuls of milk gradually, stirring constantly. Bring to the boiling point and add a half pound of good cheese, grated, with three-fourths of a teaspoonful of salt and an eighth of a teaspoonful of pepper. Pour this sauce over the potatoes and bake in the oven until brown.

Puree of Pea-Pods.—Chop the pods from two quarts of fresh peas, add five cupfuls of cold water and put on to cook for an hour and a half, then rub through a coarse sieve. There should be three cupfuls of the puree. Add three cupfuls of milk, a tablespoonful of sugar and salt and pepper to taste. Thicken with two tablespoonfuls each of fat and flour. Let boil up and serve piping hot.

The day is most fair, the cheery wind
Halos behind the hill.
Where bends the wood as seemeth good,
And the sapping to his will!

FRUIT FOR THE TABLE.

If there is any one thing that appeals to the eye and thus affords pleasure at the table, it is a well-arranged, well-laid, attractively set table. The centerpiece is the first thing that the eye lights upon, so it should be just as attractive as possible. The professional knows that he must appeal to the eye in order to sell his wares. It should be just as important that the

home caters have the same methods of coaxing an often jaded appetite. This does not mean that great expense is necessary, for the simplest, least expensive arrangement may be beautiful.

A very pretty centerpiece was used the other day, which almost anyone could repeat with small cost. An oblong wicker tray with a pretty feathery fern in a pot dressed with green paper was placed in the center of the tray, around it were arranged bunches of grapes, a few red apples and an orange or two for color.

Fresh fruit, without which breakfast is an incomplete meal, is nine times out of ten served in the same manner day after day.

If bananas are to be served for the meal, buy them attached to the original stem, then arrange a background of green, either of fern or a few leaves or even crumpled green paper and the transformation will surprise and delight the eye, making a tame banana seem something out of the ordinary. The old-fashioned epergne is a treasure any woman would covet, for it lends itself to so many attractive arrangements of fruit, leaves or flowers. The old-fashioned standard silver cake basket is another artistic treasure. A birchbark boat, or hollow log (which may be bought at a florist's) filled with golden oranges, with the duller tone of a few bananas and a bit of green for the color setting is a most charming centerpiece. The fruit itself served in this unusual way takes on a new flavor.

There is such a wilderness of baskets to choose from for table baskets that almost any color or design may be found. A heap of white grapes surrounded with bright red polished apples, a most commonplace dish of fruit, is changed by its treatment into a study in colors.

Nellie Maxwell

We Need Bolivian Civilization.

The Indians of the Bolivian jungles bind their arms and legs in childhood so that below the knee and below the elbow they are strictly steeled and bone and can walk through the thorny underbrush and never know it. Some sort of protection might come in handy in the evening rush on certain street car lines.—Springfield Republican.



What Can We Do?

The business of the American Red Cross is "to aid in the prevention and alleviation of human suffering in times of peace and war." It was originally organized to supplement the medical services of armies in times of war. When the American National Red Cross, by act of the United States congress, approved January 5, 1905, was incorporated and placed under government supervision, its purposes—in addition to its duties in times of war—were declared to be: "To continue and carry on a system of national and international relief in time of peace and apply the same in mitigating the sufferings caused by pestilence, famine, fire, floods and other national calamities." This organization has therefore a great work to do at all times; for there is always human suffering to be alleviated, but now that the world is racked with war, its work is tremendous, and it is doing it in a way that should make every man, woman or child who belongs to the Red Cross proud to be a member. It is the only hope of thousands of suffering human beings and stands between them and cold, hunger, sickness and despair. It is the instrument by which each one of us may make himself useful; our only means of extending helping hands to the innocent victims of the war.

No one can start the new year in a better way than by joining the Red Cross and by aiding in the campaign for new members. In time of war the Red Cross chapters handle their ac-

tivities through various committees. They undertake to raise and collect funds; to manufacture hospital garments and supplies; to take charge of transportation and supplies; to aid families of soldiers and sailors and their widows and children; to train for and assist in securing self-supporting positions for those permanently crippled or blinded. In any one of these lines of work women have proved themselves efficient. The manufacture of hospital garments and supplies is left almost wholly to them, while men handle the matter of raising and collecting funds and taking charge of transportation.

The work in hand just now calls for special activity in securing new members. The business men in any community are the ones to undertake the planning and carrying out of campaigns for increased membership in the Red Cross. In cities of considerable size good work is often done by creating a rivalry between men in various lines of business; the grocers undertaking to secure a greater number of members, for instance, than the dry goods men—or employees of one house entering into friendly competition with those of another house in the same line of business. An able business man at the head of a drive for new members will be able to engineer it in the most practical and efficient way. House to house canvassing for new members is about the most thorough-going method.

Coats That Welcome the Cold



The tonic of the cold is to be thanked for much of our progress. North-erners, obliged to stand it for months, get the habit of industry and resourcefulness; they have learned how to clothe themselves, to defy the weather and even to enjoy it. Inasmuch as there are not enough furs on the market to put fur garments in the reach of everyone, and because the manufacture of fur clothing involves much time and work, which mean expense—the looms have been called upon to weave substitutes which provide as much warmth as the pelts of animals. Of course wool is our great dependence in putting up defenses against the blasts of winter.

The supreme achievements against the cold are voluminous coats of fur, or of cloth lined with fur. Next to these are fur fabrics and cloth woven to insure warmth. Coats made of these and trimmed with big collars and generous cuffs of fur make their wearers rejoice in winter and the vigor that is its gift. It is a tonic only bitter to those who do not know how to keep comfortable, or have not the means to.

Illustrated above is a coat for the heart of winter. It might be developed in many of the flint furs and trimmed with marten, but as pictured it is made of handsome seal plush. Its enveloping shawl collar broadens into a cape over the shoulders and back,

and it has huge marten cuffs that may well answer the purpose of a muff. The wide band of marten about the bottom of the coat adds to its luxurious looks, more than to its actual warmth, serving a good purpose in both these directions. For one of the duties of the comfortable midwinter coat is to look its part.

This ample, straight hanging, conservative design is to be recommended for the midwinter coat, whether of fur or of wool fabric. When the active northern woman dons a coat of this kind, she gets into it and expects to stay in it for three or four months, or until the siege of winter is raised. Such a coat is suitable for street, motor and other wear, and it is designed on lines of proved merit. Its serviceable qualities are expected to outlast several winters, and its business is to be warm and convenient. This it accomplishes along with a style that does not point to other days.

Julia Bottomley

The Return of Batiste.

Because of the simplicity of waist styles the women turn more and more to the fine fabrics. For this reason sheer batiste in soft ecru, flesh or white, is very smart.

Calomel Today! Sick Tomorrow!

I Guarantee Dodson's Liver Tone

Don't take nasty, dangerous calomel when bilious, constipated, headachy. Listen to me!

Calomel makes you sick; you lose a day's work. Calomel is quicksilver and it salivates; calomel injures your liver.

If you are bilious, feel lazy, sluggish and all knocked out, if your bowels are constipated and your head aches or stomach is sour, just take a spoonful of harmless Dodson's Liver Tone instead of using sickening, salivating calomel. Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and bowels regular. You will feel like working. You'll be cheerful; full of vigor and ambition.

Your druggist or dealer sells you a bottle of Dodson's Liver Tone for a

few cents under my personal guarantee that it will clean your sluggish liver better than nasty calomel; it won't make you sick and you can eat anything you want without being salivated. Your druggist guarantees that each spoonful will start your liver, clean your bowels and straighten you up by morning or you get your money back. Children gladly take Dodson's Liver Tone because it is pleasant tasting and doesn't gripe or cramp or make them sick.

I am selling millions of bottles of Dodson's Liver Tone to people who have found that this pleasant, vegetable liver medicine takes the place of dangerous calomel. Buy one bottle on my sound, reliable guarantee. Ask your druggist about me.—Adv.

Early Submarines.

The modern submarine is the result of the slow development of an idea and the cumulative work of many inventors. Successful experiments in submarine navigation were made considerably more than 100 years ago. In 1747 the Gentleman's Magazine, a London periodical, published a picture of a submarine boat that was being operated on the Thames. It was invented by an Englishman named Symons. Between 1773 and 1776 an American named Bushnell built a submarine boat which was used in actual warfare, but with little or no effect. It embodied some of the features of the modern submarine. Between 1796 and 1810 Robert Fulton, American inventor of the steamboat, built several submarines which served to demonstrate the feasibility of underwater navigation, but he died before completing his experiments. Experiments and inventions continued in several different countries until the present fighting machine was developed.

Catarrhal Deafness Cannot Be Cured

by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarrhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the blood on the mucous surfaces of the system. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be reduced and this tube restored to its normal condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrh, which is an inflamed condition of the mucous surfaces. ONE HUNDRED DOLLARS for any case of Catarrhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE. All Druggists & Co. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

Justifiable Adoption.

The big, flat-footed, hungry negro was up for theft.

"I caught him nippin' a fresh-made pumpkin pie from the MacGregor house on Marguerite street," explained Officer Casey.

"Did you?" demanded the judge. "Dat's a rough word, yo' honah—sayin' Ah done stole hit. Now as ter de truf—dat punkin pie was settin' dar on de winder ledge, abandoned, jedge. Nobody nowhar nigh it jedge. Hit was a case of 'justifiable adoption' brought on by de Christmas sperrit."—Philadelphia Star.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of *Dr. J. C. Fletch*
In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

A Misnomer.

"I saw somewhere in Cairo that men in the native tailor shops iron clothes with their feet."

"Then I suppose it would not be proper to call the employees of such shops, hands?"

To Drive Out Malaria

And Build Up The System Take the Old Standard GROVE'S TASTELESS chill TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 60 cents.

Will Rebuild Salonika.

Greece will spend \$1,158,000 to build 3,500 homes in the burned district of Salonika.

A FIGHT FOR LIFE

It has been fight or die for many of us in the past and the lucky people are those who have suffered, but who are now well because they heeded nature's warning signal in time to correct their trouble with that wonderful new discovery of Dr. Pierce's called "An-u-ric." You should promptly heed these warnings, some of which are dizzy spells, backache, irregularity of the urine or the painful twinges of rheumatism, sciatica or lumbago. To delay may make possible the dangerous forms of kidney disease, such as stone in the bladder.

To overcome these distressing conditions take plenty of exercise in the open air, avoid a heavy meat diet, drink freely of water and at each meal take Dr. Pierce's Anuric Tablets (double strength). You will, in a short time, find that you are one of the firm indorsers of Anuric, as are thousands of neighbors.

Step into the drug store and ask for a six bottle of Anuric, or send Dr. V. M. Pierce, Buffalo, N. Y., 10c for trial pkg. Anuric, many times more potent than

Cottonseed Oil for Canada.

The United States food administration has completed arrangements with the food controller of Canada, whereby cottonseed oil and its products may move into Canada for local Canadian consumption. There will be no re-exports of these products. As Canada raises sufficient hogs for its own uses, export licenses for hogs will not be granted for an indefinite period. The policy of the food administration is to see that Canada is supplied with certain necessities from the United States required for feeding their own people, but no more. Regular licenses will be required on all shipments as heretofore, but no licenses will be issued without the approval of the food controller of Canada.

Self-Improvement First.

It is folly for a man to expect the world to grow better until he begins to notice improvement in himself.

Prof. H. J. Hunt of Bangor, Me., explorer, believes land exists in the Arctic ocean.

Dr. Peery's "Dead Shot" not only expels Worms or Tapeworm but cleans out the mucus in which they breed and tones up the digestion. One dose sufficient. Adv.

Enterprise and advertising make the biggest pair in the deck.

Neglected Colds bring Pneumonia

HILL'S CASCARA QUININE

The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it. 24 Tablets for 25c. At Any Drug Store.

Rheumacide

Have you RHEUMATISM Lumbago or Gout?

Take RHEUMACIDE to remove the cause and drive the poison from the system. "RHEUMACIDE ON THE INSIDE PUTS RHEUMATISM ON THE OUTSIDE"

At All Druggists Jas. Bailey & Son, Wholesale Distributors Baltimore, Md.

Why Bald So Young

Rub Dandruff and Itching with Cuticura Ointment

Shampoo with Cuticura Soap

Sold everywhere. Soap 25c Ointment 25c

PARKER'S HAIR BALM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and 10c at Druggists.

KODAKS & SUPPLIES

We also do highest class of finishing. Prices and Catalogue upon request. S. Galecki Optical Co., Richmond, Va.

W. N. U., CHARLOTTE, NO. 2-1918.

A West Virginia Woman Speaks

Volga, W. Va.—"Golden Medical Discovery proved so beneficial in my past state of ill health that I was glad to try Anuric, the new discovery of Dr. Pierce. I was in a delicate condition and suffered from many discomforts. I ached all over, was constipated, had indigestion, was extremely nervous; another discomfort was shifting rheumatism, something I had had for years. At that time it was in my hips and lower limbs. I took the Anuric Tablets according to directions, and can say, and speak in the bounds of truth, that I have not had rheumatism since. The relief could not be more satisfactory."

