

# NERVOUSNESS AND BLUES

Symptoms of More Serious Sickness.

Washington Park, Ill.—"I am the mother of four children and have suffered with female trouble, backache, nervous spells and the blues. My children's loud talking and romping would make me so nervous I could just tear everything to pieces and I would ache all over and feel so sick that I would not be able to eat anything to me at times. Lydia E. Pinkham's Vegetable Compound and Liver Pills restored me to health and I want to thank you for the good they have done me. I have had quite a bit of trouble and worry but it does not affect my youthful looks. My friends say 'Why do you look so young and well?' I owe it all to the Lydia E. Pinkham remedies." Mrs. Robert Sporn, Sage Avenue, Washington Park, Illinois.

If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

**WHO IS TO BLAME** Women as well as men are made miserable by blood and liver troubles. Thousands recommend Lydia E. Pinkham's Vegetable Compound, the great blood purifier. At druggists in fifty-cent and dollar bottles. Write for free sample and full particulars to Lydia E. Pinkham Medicine Co., Lynn, Mass., and enclose ten cents, also mention this paper.

**DAISY FLY KILLER** placed anywhere, attracts and kills all flies. Real, clean, safe. Lasts all season. No odor. No harm to anything. Kills house flies, stable flies, and all annoying flies. Sold by druggists. Write for free sample and full particulars to Daisy Fly Killer Co., 150 E. Main St., Brooklyn, N. Y.

**PARKER'S HAIR BALSAM** A perfect restorer of the hair. Stops itching scalp. Makes hair grow. Keeps hair soft and healthy. Sold by druggists. Write for free sample and full particulars to Parker Bros., 239 N. Broadway, New York, N. Y.

**Sir Beerbohm Tree's Tact.** As most people who have the pleasure of his acquaintance know perfectly well, Sir Beerbohm Tree is a very tactful man. He is also an exceedingly critical judge of a good cigar, and he detests the smell even of a bad one. He was alone in a railway carriage when a young man entered, and sitting down opposite to him, puffed away brightly at a "weed" too awful for words.

"This is not a smoking carriage?" With an apologetic remark, the young fop's humble smoke out of the window. A minute later he observed incredulously: "But—but you are smoking yourself!" "Quite so," replied Sir Beerbohm blandly, "but I thought you might have conscientious scruples. Be—have one of mine?" The youth selected with alacrity a prime imported Havana from the proffered case, lit up, and soon the pleasing aroma from two excellent cigars pervaded every corner of the carriage.

**Lemon Juice For Freckles** Girls! Make beauty lotion at home for a few cents. Try it!

Squeeze the juice of two lemons into a bottle containing three ounces of arched white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost. Your grocer has the lemons and any drug store or toilet counter will supply three ounces of arched white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands every day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless. Adv.

**No Rest for Him.** "Mrs. Gadder says she is thinking of going to a private sanitarium to rest her 'poor, tired nerves.'" "Doesn't she ever suspect that Mr. Gadder has 'poor, tired nerves'?" "Oh, no. According to her point of view, Mr. Gadder, a little round-shouldered person, who weighs about a hundred and eighteen pounds, is a cave man who doesn't know what it is to suffer."

**Slightly Mixed.** "She refuses my suit?" "Worse, count. She alludes to you as a piece of cheese."

**Not to Be Encouraged.** "Why don't you put your husband to work planting a garden?" "What for?" "Inquired Mrs. Crossbeak. 'All he ever got from his gardening was an appetite.'"

**Young Women Learn Farming.** In England, young women and invalided soldiers are being taught farm work.

**Why buy more bottles of other Vermorels** when the same amount of Dr. Williams' Pink Pills will do the work of three others? You can easily recognize the early shortcutter by its strawberry mark.

**When Your Eyes Need Care** Try Murine Eye Remedy. It is the only eye medicine that is as effective as Dr. Williams' Pink Pills. Write for free Brochure. MURINE EYE REMEDY CO., CHICAGO.

## Hetty's Ambitions

By MARY L. PARRISH

"If you'll only try to branch out a little, Will!" There was impatience as well as reproach in the girl's voice as she looked up at the wholesome, strong face of the young man before her. Will Green was not handsome—perhaps his nose was too long and his cheeks too high for absolute symmetry of features—but his gaze was honest and his smile the kind you can trust. "Branch out?" he queried. "Here in Banchoester?" "Oh, no. I don't suppose you'd ever get beyond a dozen clients in six months here. I mean, go to a larger town and open a law office."

"You want to get rid of me?" he smiled. "No, I don't," retorted Hetty. "I want to see you make something of yourself!" "I've been at that job some time," he laughed. "But you don't seem to think I've made much headway." "I think you've done all anyone can do here. This town is dead."

"No," he protested. "It is only sleeping. It can be waked up." "Do you think you can do it?" "Perhaps not. It's true my practice is small, and my fees likewise; but how much chance do you suppose I'd stand in a big city, totally unknown, with no friends and no influence? I might hang out my shingle a year and starve before I'd get a client."

"Others have done it," she persisted, "and succeeded. As for me, I'm not going to stay here any longer. I'm just waiting for Sir Grant to find me a position in the city." The young man stared at her in blank amazement. "Hetty! You don't mean it?" "Yes, I do!" cried the girl. "Life has got to mean something more to me

than contriving six months to buy a new dress, and then to struggle through this little hole."

"So you think you will find something better down there in the city?" Quiet though his words were, there was a palmed reproach in the tone. He had asked Hetty to marry him, and she had put him off, while not rejecting him. She had told him they must wait till he was better able to face the responsibility. He had believed that she loved him, but was only putting him off his mettle to spur him on to greater energy and achievement. But her words had set doubts astray in his heart. Still, he might be mistaken, so he begged her not to go.

Hetty got her letter from her friend and went to the city the next week. She was one of a large family, and the father and mother did not object, since she was going with a young woman they had confidence in. So the girl from the country found herself behind a counter in the big department store, at a salary of five dollars a week, and a great deal to learn. Sadie was on the same floor at another counter. She had secured a small bedroom in the same house where she lived for Hetty. The work proved so hard to the newcomer, and she came home so utterly exhausted every night, it seemed to her she must give it up. But pride forbade quitting, and after a time she became used to her task and stood it better. It was then she began to want some amusement in the dull evenings. Sadie, two or three times, took her to moving pictures, but she would not go to see evenings, as she declared she could not be up late and feel like work the next day. She was an efficient saleswoman, the firm had already doubled her pay and her interest was all in her work.

"I intend yet to be the buyer of that department, and get less hours and a bigger salary," she said to the other girl. "So poor little Hetty was left much to her own resources, and being rather attractive with her fresh pink-and-white skin, and wavy golden-brown hair, it was not long before she became acquainted with two or three young men introduced by other girls on their way from work. But she could not ask them to call on her in a hall bedroom, so the only way of meeting them was on the street or at the "movies." On one of these occasions, when a young man who had been introduced to her on the street asked her to go to see a picture play she accepted the invitation, and after it was over went with him to a restaurant for supper. It was her first experience of a supper after the play and Hetty be-

gan to feel as though she was actually seeing life.

They walked quite a long distance to the place, and there was very loud music and a young man and a girl singing and dancing. Hetty was just a bit shocked at the rasping laughter and coarse language of some of the males, and when she saw one of the men put his wineglass to the mouth of a girl and almost pour the wine down her throat she partly rose, intending to ask her escort to take her home. He, smiling, and with a pleasant face, laughed it off, telling her they were brother and sister, and he was only teasing her a little, and so induced her to stay. He ordered wine and, as the waiter went away, got up and followed him, speaking in low tones.

"I was afraid he would bring some poor stuff, and I wanted the best," he said in excuse. He poured out a glass for Hetty, and when she refused, saying she never drank anything, he laughed and insisted, saying he had ordered two bottles to cook. Everybody enjoyed the lessons except the teachers. The girl-soldiers were just as attentive as they could be. Every now and then, though, one of them would ask an apparently perfectly innocent question, and then turn toward the class with beckoning words and wink.

And while one of the soldiers attempted to answer that question, put in phraseology that no mere man could ever hope to understand, the other soldier girls would smooth back their hair, or something like that, and smile. After the lesson was over one of the soldier girls told one of the reporters all about it.

"I was baked a lot of pies here last week—they really were mighty good," she said, reminiscently. "And I recall that last summer I went out to visit a brother of mine in the Third Infantry. It was on Sunday, and I stayed for dinner. They had pie, too. I wish—but never mind."

"But who ever heard of a mere man telling a girl how to cook?"

In the tent of Commandant Poe there reposes a large pasteboard box. It looks like it might contain candy—but it doesn't. It contains hairpins. For the day was given over to general inspection by Commandant Poe and her aides this morning, and every hairpin, curling leather, and stray piece of string and ripped silk had to be cleaned up. Otherwise caustic comment was very much in order.

So the girl soldiers forgot all about solidarity for the time being and went back to the more practical and prosaic duties of housewives. They polished the camp over and over again, and when they had finished with the outside, they went into their tents and polished them, too.



### Very Much Worse Than the Mere Fear of Death

WASHINGTON.—Looking at them, usually, one would have described them as stern-faced, grim-mouthed, and afraid of nothing on earth. And they looked just that. But as a matter of fact, they were just literally "scared to death."

In the first place they were very, very masculine. In the second place they wore sergeant's stripes. Finally, they came from Fort Meade. They marched into the camp of the National Service school, and for more than two hours essayed to teach the khaki-clad, silk-stockinged, feminine military members of the camp how to cook. Everybody enjoyed the lessons except the teachers. The girl-soldiers were just as attentive as they could be. Every now and then, though, one of them would ask an apparently perfectly innocent question, and then turn toward the class with beckoning words and wink.

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### One of Uncle Sam's Best Recruiting Sergeants

MISS DORA RODRIGUES will get you if you don't look out. Who is she? Why, she is a pretty little girl in a natty soldier uniform who is walking all over the country inducing young men to do their bit for their Uncle Sam and protect Miss Rodrigues and others of her sex who must stay at home.

Miss Rodrigues is on her way from New York to San Francisco, spending a few days in each town and walking the distance between them. She has a purpose in walking, for she is recruiting, too, for the agricultural service. As she passes through the country districts she gathers round her the young men of the farms who have the military service in their minds, and tell them to stay at home and raise food for the army and the navy and the people at home. She says that she has the best present signs are deceptive.

"There are too many boys in the cities who should go before the country boys are called," said the pretty little miss. "You see them in every city, standing in groups on street corners with nothing to do but make remarks about some pretty girl as she passes. 'Those are the boys I am after, and I am going to get them.'"

"She is an interesting thing to tell about the army and navy, and the life of the recruits of pictures of the various services."

### Seeks to Enroll Fair Sex in Agricultural Classes

WOMEN tillers of the fields around Washington may become a war reality, following a conference between Mrs. Flora M. Thompson, advocate of farming for women, and officials of Maryland Agricultural College.

Mrs. Thompson laid before the faculty of the college a draft of plans for enrolling Washington women in agricultural classes this summer. She pointed out that made farming students are leaving schools for more practical work in the fields, and that the teaching machinery of agricultural schools ought not to lie during the mobilization of the nation's resources to conserve the food supply.

"These farm women can do the work of two farm men," declared Mrs. Thompson, "and the history of England and Canada encourages us to believe we can work out some plan to give women of the District practical lessons in farming."

By next year, at the latest, labor on farms near the nation's capital will be a reality, unless present signs are deceptive. In an address before the Young Women's Christian association Mrs. Thompson declared women are inefficient in war housekeeping; that waste ought to disappear from the American home and frugality and thrift take its place.

The scarcity of male labor on the farms, Mrs. Thompson said, makes it certain that women must do their share of farm work before the war is over.

### Moral: Place for Maps Is in the Inside Pocket

D. L. FREDERICK G. GRIFFITHS of Philadelphia wanted to take a little trip on some of the inland waterways of the country. So he asked Representative Moore of the City of Brotherly Love for some maps showing the canals and rivers to follow, and in course of time Doctor Griffiths found himself away down in the vicinity of St. Phillips, La.

That happens to be a government establishment of some sort near St. Phillips—an arsenal or camp, perhaps—and it is guarded very closely by a line of Louisiana home boys. All this was unknown to Doctor Griffiths, and even if he had known of the establishment he probably would not have quailed at the thought.

Somewhere in St. Phillips Doctor Griffiths unrolled the series of maps which Representative Moore gave him and began to study them. All he wanted was to find water in which to navigate his boat, but the home guard arrested him and interned him under the general charge of being a German spy. The guard argued that no one but a German spy would have so many maps.

Doctor Griffiths protested. He said he was a Philadelphia physician; that, like all other Philadelphians, his folks arrived here with William Penn, and that he had inherited Moore of the City of Brotherly Love for some maps showing the canals and rivers to follow, and in course of time Doctor Griffiths found himself away down in the vicinity of St. Phillips, La. That happens to be a government establishment of some sort near St. Phillips—an arsenal or camp, perhaps—and it is guarded very closely by a line of Louisiana home boys. All this was unknown to Doctor Griffiths, and even if he had known of the establishment he probably would not have quailed at the thought.

### SCRAPS

The favorite dishes of the queen of Holland are English roast beef and mutton. Youngstown, O., has completed a \$1,500,000 water supply project in the Mahoning river. According to a lately issued edition of a dictionary, there are now 450,000 words in the English language. The first lead pencil, or graphite pencil, was made in England during the reign of Queen Elizabeth. Cars have been designed for an electric railroad in Ireland to be run by gasoline-electric generators which they carry or by the overhead trolley system. American touring cars and motor trucks were exhibited at the fair at Bordeaux, France, in 1818. American automobiles are popular throughout France. Prince Edward island has shipped about \$4,000 worth of blueberry pie stock to American eaters this season. The material is shipped in kegs.

# UGH! COLIC MAKES YOU SICK! CLEAN LIVER AND BOWELS MY WAY

Just Once! Try "Dodson's Liver Tonic" When Bilious, Constipated, Headachy—Don't Lose a Day's Work.

Live up your sluggish liver! Feel fine and cheerful; make your work a pleasure; be vigorous and full of ambition. But take no nasty, dangerous calomel, because it makes you sick and you may lose a day's work. Calomel is mercury or quicksilver, which causes necrosis of the bones, Calomel crashes into sour bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping. Listen to me! If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced just take a spoonful of harmless Dodson's Liver Tonic. Your druggist or dealer sells you a 50 cent bottle of Dodson's Liver Tonic under my personal name—back guarantees that each spoonful will clean your sluggish liver better than a dose of nasty calomel and that it won't make you sick. Dodson's Liver Tonic 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 your bowels regular. Dodson's Liver Tonic is entirely vegetable, therefore harmless and cannot sulk. Give it to your children. Millions of people are suffering with Dodson's Liver Tonic instead of dangerous calomel now. Your druggist will tell you that the sale of calomel is almost stopped entirely here.—Adv.

**W. L. DOUGLAS**  
"THE SHOE THAT HOLDS ITS SHAPE"  
Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.  
W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the water protected against high prices for inferior shoes. The retail price are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.  
The quality of W. L. Douglas shoes is guaranteed by the more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with a honest determination to make the best shoes for the price that money can buy.  
At your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other shoe until he has secured the kind you want. W. L. Douglas shoes are the highest standard of quality for the price, by every man, postage free.  
LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.  
Boys' Shoes Best in the World \$3.00 \$2.50 & \$2.00  
W. L. Douglas President of W. L. Douglas Shoe Co., 145 Spark St., Brockton, Mass.

### LIMIT ON LONDONERS' FOOD

Under New Regulations, Proprietors of Eating Places Must Keep Records of All Meats Served.  
Under the new London food restrictions proprietors of eating places must keep a record of all meats served. They must not serve more than a specified amount each week. The following is the scale of allowance per meal, the Toronto Globe states:  
Breakfast—Meat, 2 ounces; sugar, 2 ounces; bread, 2 ounces; flour, 1 ounce.  
Luncheon—Meat, 5 ounces; sugar, 2 ounces; bread, 2 ounces; flour, 1 ounce.  
Dinner—Meat, 5 ounces; sugar, 2 ounces; bread, 2 ounces; flour, 1 ounce. Tuesday is designated as a meatless day in London, Wednesday in the provinces.

**Too Much for Tommie.** "Mother wants you to come right over and see Tommie," said the little girl.  
"What seems to be the matter with him?" asked the doctor.  
"He can't swallow. His teacher gave him some big words today, and he's all choked up."

**Adamantine.** She (sweetly)—I've men proposed to me and I've refused them because none of them measured up to my ideal.  
Long pause.  
He—I know what you're thinking.  
She—What?  
He—That I'll be the sixth, but you're wrong, kid, you're wrong.

**To Drive Out Malaria** And Build Up The System Take the Old Standard GUY'S TASTELESS SALT TONIC. You know what you are taking, as the formula is printed on every label, showing its Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents.

**FARMERS ARE WORKING HARDER** And using their feet more than ever before. For all these workers the frequent use of Allen's Foot-Paste, the antiseptic powder to be shaken into the shoes and sprinkled in the foot-bath, increases their efficiency and insures needed physical comfort. It takes the friction from the shoe, freshens the feet, and prevents frost, itching and blistered feet. Women everywhere are constant users of Allen's Foot-Paste. Don't get foot sore, get Allen's Foot-Paste. Sold by dealers everywhere. 25c.—Adv.

**Sure Enough.** "I see the surface of roads is planned, scarified, rolled and made ready for use amounting each trip over them of a machine that a Pennsylvanian has invented."  
"That's all right, but what I'd like to know is, how the lens knows how the roads are ready for use first?"

**Time to Go Slow.** "The officer said you were exceeding the speed limit in your car."  
"That's silly, your honor."  
"Why is it silly?"  
"I guess you'd think it silly if you knew where I was going."  
"Where were you going?"  
"To my dentist's."

**Scanty Buying.** "Economizing at your house?"  
"Rather! By the time the cook has held out enough for her own needs there isn't enough dinner for us, and we have to go downtown and eat at a restaurant."

**Try This on Your Friend.** "Did you see all those soldiers guarding the city library?"  
"No. Why in the world have they got soldiers guarding the library?"  
"Why? They found dynamite in the dictionary."

**Her Hands Full.** "Are you afflicted with any reform organization?"  
"Yes, I'm a wife."

Medicine is occasionally necessary to help the system recover its normal functions. That is especially true in Spring. Wright's Indian Vegetable Pills are an ideal medicine. They combine tonic and laxative properties. Adv.

Being dignified and in love at the same time is impossible, for either dignity or love crowds out the other.

A writer says that brains will tell. However, sometimes it is brains that keep a man from telling.

Nothing is gained by a boy who goes through college. The college should go through him.

**KODAKS & SUPPLIES**  
We also do highest class of finishing. Prices and Catalogue upon request.  
S. Galeski Optical Co., Richmond, Va.  
**KODAKS EXPERT DEVELOPING**  
All roll films developed by the Kodak process. Prompt attention to mail orders.  
B. C. BERNARD, Greensboro, N. C.  
**FARMERS AND SHIPPERS NOTICE**  
Ship your vegetables to us for highest market prices. Write for our free catalogue. Morrisania, 150 Rensselaer Street, New York