

How Many Women Are Like This?

Can anything be more wearing for women than the ceaseless round of household duties? Oh! the monotony of it all—work and drudge; no time to be sick; tired, ailing, yet cannot stop. There comes a time when something "snaps" and they find themselves "simply worn out," and to make matters worse, have contracted serious feminine disorder which almost always follows the constant overtaxing of a woman's strength.

Then they should remember that there is no remedy like Lydia E. Pinkham's Vegetable Compound—the experience of these two women establishes that fact:

Cedar Rapids, Ia.—"After the birth of my last child I had such painful spells that would unfit me entirely for my housework. I suffered for months and the doctor said that my trouble was organic ulcers and I would have to have an operation. That was an awful thing to me, with a young baby and four other children, so one day I thought of Lydia E. Pinkham's Vegetable Compound and how it had helped me years before and I decided to try it again. I took five bottles of Vegetable Compound and used Lydia E. Pinkham's Sanative Wash and since then I have been a well woman, able to take care of my house and family without any trouble or a day's pain. I am ready and thankful to swear by your medicine any time. I am forty-four years old and have not had a day's illness of any kind for three years."—Mrs. H. KORMO, 617 Ellis Blvd., Cedar Rapids, Iowa.

Sandusky, Ohio.—"After the birth of my baby I had organic trouble. My doctor said it was caused by too heavy lifting and I would have to have an operation. I would not consent to an operation and let it go for over a year, having my sister do my work for me as I was not able to walk. One day my aunt came to see me and told me about your medicine—said it cured her of the same thing. I took Lydia E. Pinkham's Vegetable Compound and used Lydia E. Pinkham's Sanative Wash and they have cured me. Now I do my own housework, washing and ironing and sewing for my family and also do sewing for other people. I still take a bottle of Vegetable Compound every spring for a tonic. I recommend your medicine to others who have troubles similar to mine and you can use my letter if you wish."—Mrs. PAUL PAPERFUS, 1325 Stone St., Sandusky, Ohio.

All Worn Out Women Should Take

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.

NEW FRONTIERS VERY REAL

Nothing of an "Imaginary Line" About the Borders of the New European States.

Frontiers used to be "imaginary lines" or marks on a map. The miles and miles of new frontiers in Europe are not "imaginary" and not confined to maps. You can walk right up and touch them.

Out there in central and eastern Europe, frontiers are fine-tooth combs, that delay trains for hours at every crossing point. Some of the new frontiers are "flying walls" of soldiers with fixed bayonets. Others are guarded fences.

Travelers without exceptional credentials go through searching examinations, often bodily "friskings."

Soldiers armed to the teeth guard the trains and passengers during examinations and customs inspections, to see that nobody gets out or in without the official papers.

Roads at frontier points are also guarded by soldiers who preside over striped gates that go up and down like the crossing gates of American railroads.

Passports and visas in the new countries are made as difficult as possible. Business men are held up weeks, as a rule. The official idea seems to be to keep everybody that's in the country in, and to bar everybody else out.

You seldom love your enemies unless you find out they are not what you thought they were.

A man of mystery has never been so interesting since the advent of the modern newspaper.

Greek to Father.

Son—Father, I passed Cicero today. Father—Did he speak?—Boys' Life.

One bottle of Dr. Peery's "Dead Shot" will save you money, time, anxiety and health. One dose sufficient, without Castor Oil in addition. Adv.

Government Jobs.

Judge Gary, arguing at a dinner party against government ownership, said:

"People don't work for the government the same as they work for an individual employer.

"I know a man who has to call daily at a certain government office. He says the hours are from ten to four, and the way the employees loaf is scandalous.

"He says that one employee, every afternoon when the clock strikes three, puts down his newspaper, gets up out of his armchair, yawns and remarks:

"Fifty-nine minutes to four—only a question of minutes—I may as well light out."

"And out he lights."

Not Tied.

A small boy of Columbus was out riding with his mother one day recently, when he saw several pumpkins in a field. He wished to stop the machine and get one, but the mother explained that this would not do, that the pumpkins on the vine were the property of the man who owned the field, and that in due time he would gather them for winter use. The boy was convinced, and said no more until he happened to see a pumpkin unattached to a vine, lying at the side of the road. "Well, mother," he said, "I guess we can have that one. It isn't tied."—Indianapolis News.

A Health-Building Cereal Grape-Nuts



A satisfying food, greatly pleasing to taste, full of rich nourishment and ready to eat without cooking.

Needs no Sugar

Pleasing alike to young and old. "There's a Reason"

STRANGE SIGHT TO TOURISTS

Cotton and Other Carolina products Seen for First Time by Hundreds of Northerners at Black River.

Dunn.—Cotton and other Carolina products in their raw states were seen for the first time by several hundred Northern tourists here when a wreck on the Coast Line at Black Southbound trains at this point practically all day. The visitors were much surprised to find the land of the long leaf pine in the grip of its first real blizzard of the year, but seemed to enjoy every minute of their stay.

The cotton yard, where several hundred bales of the fleecy staple still find their way every day in spite of the lateness of the season, was the most interesting point to them. At first they did not know what the stuff was. The big lumber mills, where the giant logs from surrounding forests were being sawed into building material, were also inspected.

Most of the tourists were bound for Florida. Several, however, were on their way to Havana, where "World-wide prohibition" is sure not to become effective until the flu weather is over as one Broadway habitue expressed it.

Lumberton.—Mr. Joseph Regan, a Confederate veteran, died at his home near Ten Mile church.

Elizabeth City.—Enthusiasm is at high pitch among the people of South Mills and of Newland township in Pasquotank for the proposed Elizabeth City-Norfolk highway by way of S. uth Mills and the Dismal Swamp canal.

Winston-Salem.—The leaf tobacco sales here this month totals 339,213 pounds; it brought \$152,757.18; sales to date total 32,896,135, for which \$16,120,225.09 has been paid out.

Asheville.—Charles A. Webb, United States marshal, western district of North Carolina appointed T. B. Smothers, of Winston-Salem, as deputy marshal, who will assume his duties in Winston-Salem at once.

Winston-Salem.—President James G. Hanes, of the Hanes Hosiery Mills company, left for New York where he will join a party for a pleasure and business trip to the far east, the tour to consume four or five months. They will stop first at Hawaiian islands, going then to Japan and China.

Hickory.—The balmy weather of January not only brought everybody outdoors, but had the effect of causing hens to seek their nests, as records kept by the Catawba Creamery company show.

From the territory combed by the trucks of the local concern, 4,500 dozen or 64,000 eggs were purchased at a price near \$6,000.

New Bern.—Marie Laud, pretty, eighteen years old, of Savannah, Ga., who tried to end her life a few days ago after she struggled for weeks to live on a wage paid her by a local merchant, was discharged from a local hospital, fully recovered.

There are probably 250 cases of influenza in Charlotte, based on the estimate of Dr. C. C. Hudson, City health officer. One hundred and seventy-five cases had been officially reported. However, there was not a single death from influenza or complications resulting from influenza in the city during the last 15 days of January, Dr. Hudson stated.

Greensboro.—The first services of the conference of the pastors of the Christian churches from the four states of North Carolina, Georgia, Alabama and Maryland, was held at the First Christian church here with about 75 ministers present.

Wilmington.—"The City of Joliet," fourth of the great steel freighter to be built at the plant of the George A. Fuller Company for the United States Shipping Board, was launched with Miss Jean Barber, daughter of the mayor of Joliet, Ill., acting sponsor.

Car Thieves Captured.

Gastonia.—Chief of Police Joe Orr and his policemen have succeeded in rounding up a bunch of car thieves who have been giving the Southern railroad trouble for the past two years and for whom the road's detectives have searched high and low for these many moons.

The gang is composed of a trio of young negroes. Making their headquarters here they have operated all along the line between Spencer and Gastonia, including Concord and Charlotte.

\$800,000 Yarn Mill. Rutherfordton.—The latest enter prize for Rutherfordton is a new yarn mill with an authorized capitalization of \$800,000.

The movement has been launched and the organization has been perfected. The name and exact location has not been definitely decided upon, but it will be in or near town. The stock is practically all subscribed for the mill now. The machinery has been contracted for. The mill will have 12,000 spindles and will be the largest yarn mill in the country.

COAX 'EM

Stop Whipping Bowels into Activity, but take "Cascarets"

Put aside the Salts, Pills, Castor Oil, or Purgative Waters that irritate and lash the bowels into action but which do not thoroughly cleanse, freshen and purify these drainage organs, and have no effect whatever upon the liver and stomach.

Keep your "insides" pure and fresh with Cascarets, which thoroughly cleanse the stomach, remove the undigested, sour food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels which are keeping you half sick, headachy, and miserable.

Cascarets tonight will make you feel great by morning. They work while you sleep—never gripe, sicken or cause inconvenience. Cascarets cost so little too.—Adv.

Supplying a Simile.

"You're as much out of date and past use as a—"

"Why not say as a corkscrew?"

OPEN NOSTRILS END COLD OR CATARRH

How to Get Relief When Head and Nose Are Stuffed Up.

Count fifty. Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more snuffing, hawking, mucous discharge, dryness or headache, no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed-up and miserable. Relief is sure.—Adv.

Naturally.

"How are they selling things at that bazaar?"

"Oh, at a fair price."

"CALIFORNIA FIG SYRUP" IS CHILD'S LAXATIVE

Look at tongue! Remove poisons from stomach, liver and bowels.



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear.

Mother! You must say "California."—Adv.

Poor Worm!

Heck—"My wife contradicts me continually." Peck—"My wife acts as if my ideas weren't worth discussing."

GET READY FOR "FLU"

Keep Your Liver Active, Your System Purified and Free From Colds by Taking Calotabs, the Nauseless Calomel Tablets, that are Delightful, Safe and Sure.

Physicians and Druggists are advising their friends to keep their systems purified and their organs in perfect working order as a protection against the return of influenza. They know that a clogged up system and a lazy liver favor colds, influenza and serious complications.

To cut short a cold overnight and to prevent serious complications take one Calotab at bedtime with a swallow of water—that's all. No salts, no nausea, no griping, no sickening after effects. Next morning your cold has vanished, your liver is active, your system is purified and refreshed and you are feeling fine with a hearty appetite for breakfast. Eat what you please—no danger.

Calotabs are sold only in original sealed packages, price thirty-five cents. Every druggist is authorized to refund your money if you are not perfectly delighted with Calotabs.—(Adv.)

The way of the transgressor is hard on his friends.

It is easy to get rich after you have the first million.

I FEEL GRAND! I'LL NEVER TAKE NASTY CALOMEL AGAIN!

"Dodson's Liver Tone" Doesn't Sicken or Upset You Next Day—Best when Bilious, Constipated!



Don't take sickening, salivating Calomel when a few cents buys a large bottle of Dodson's Liver Tone—a perfect substitute for Calomel. It is a pleasant vegetable liquid which will start your liver just as surely as Calomel, but it doesn't make you sick and can not salivate. Children and grown folks can take Dodson's Liver Tone, because it is perfectly harmless. Calomel is a dangerous drug. It is mercury and attacks your bones. Take a dose of nasty Calomel today and you will feel weak, sick and nauseated tomorrow. Don't lose a day. Take a spoonful of Dodson's Liver Tone instead and you will wake up without any biliousness, constipation, sleeplessness, headache, coated tongue or sore stomach. Your druggist says if you don't find Dodson's Liver Tone acts better than horrible Calomel your money is waiting for you.—Adv.

Fiery Itching and Burning of Skin Is a Most Cruel Torture

Sure Speedy Relief in S. S. S. Why suffer from these persistent tortures when it is so easy and costs so little to do as thousands of others have done and get relief through S. S. S.? It is now well known that eczema comes from the blood. By giving the blood a thorough cleansing you not only get sure and speedy relief but you also build up the system and renew your vigor and vitality. This good medicine has stood the test of 50 years as one of the greatest blood cleansers known. It is guaranteed entirely free from minerals of any kind. The experience of others has established the unflinching merits of S. S. S., and there's no question about the wisdom of your giving it a thorough trial. All reputable druggists sell it. If in doubt as to your case write to Medical Advisor, Swift Specific Co., Dept. 54, Atlanta, Ga.

Benevolent Intent.

"I don't see how you can argue that your demand for a complicated system of fares is philanthropic."

"Of course it doesn't appear on the surface," said Mr. Dustin Stax. "But my idea is to keep the passenger doing mental arithmetic so hard that he will forget about the discomforts of overcrowding."

The Way of a Man.

Sylvia—"When a man courts a girl it is deeds, not words, that count."

Flossy—"Yes, especially if they are freehold property deeds."

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is realized in most cases. It is a gentle healing vegetable compound.

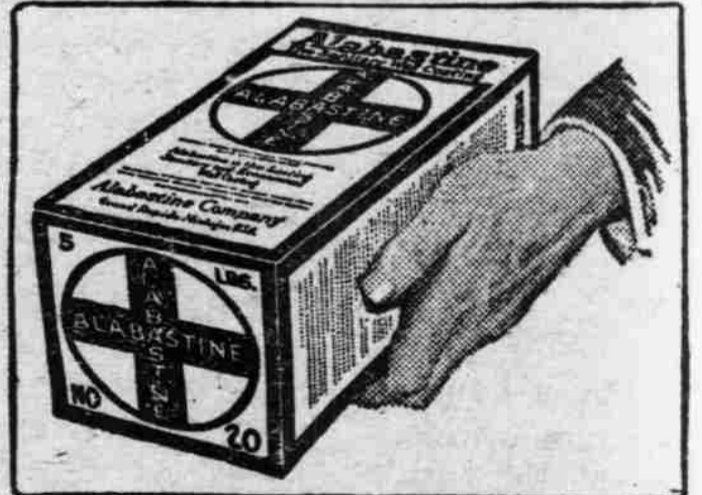
Start treatment at once. Sold at all drug stores in bottles of two sizes, small and large. However, if you wish first to test the great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure to mention this paper.—Adv.

Pugnacity doesn't invite fight. It scares 'em off.

A golden key unlocks many prison doors.

Alabastine

Instead of kalsomine or wallpaper



No Package Genuine Without Cross and Circle Printed in Red

To Get Alabastine Results You Must Ask for Alabastine by Name

Beautiful—Sanitary—Durable—Economical for Homes, Schools, Churches and all Interior Wall Surfaces

Alabastine can be applied to plastered walls, wallboard, over painted walls that have become soiled, or even over soiled wallpaper solid on the wall and not printed in aniline colors.

Alabastine is a dry powder, ready to mix with pure, cold water, full directions on each package. Alabastine is packed in white and beautiful tints. These, by combining and intermixing, enable you to carry out individual color plans by matching rugs and draperies. Alabastine is used in the finest residences and public buildings, but priced within the reach of all.

You will readily appreciate the economy of Alabastine over paint or wallpaper, and its results will be most gratifying.

New walls demand Alabastine, old walls appreciate Alabastine.



If your local dealer cannot or will not supply you, take no substitute but write for Alabastine designs and we will give you name of nearby dealer.

Alabastine Company 1645 Grandville Ave., Grand Rapids, Mich.



FRESH—CRISP—WHOLESOME—DELICIOUS THE SANITARY METHODS APPLIED IN THE MAKING OF THESE BISCUITS MAKE THEM THE STANDARD OF EXCELLENCE Your Dealer has them, or if not by phone, Ask him or write us giving his name. CHATTAHOOGA BAKERY