Keeping Yourself Well

DRIVING OUT CATARRH

If people knew how the presence of catarrh is a constant menace, they would have none of it. It infests some part of the delicately adjusted body and makes it useless, thus throwing on the other organs more than their share of work. It affords a carefully prepared seedbed for the germs of colds, grip, tuberculosis and pneumonia. It so disarranges Nature's delicate plans as to make possible asthma, hay fever and other respiratory disorders. It spreads until it becomes systemic, thus involving many organs and debilitating the entire system with serious results.

Catarrh is easily neglected, and it rarely gets well of itself. It needs proper medicinal correction. For almost half a century many thousands have found help in Peruna, a valuable tonic with special efficacy in catarrhal conditions. The sim is to clean out waste matter, to dispel the catarrhal inflammation, and tone up the whole system. Its users willingly testify that it has done all this and even more for catarrhal sufferers. What it has done is the best proof of what it will do. You may rely on

it has done is the best proof of what it will do. You may rely on



ROYAL CAFE

We take pleasure in armouncing that we have secured the services of Mr Haywood Swann as Caterer at the Royal Cafe. Mr Swann is one of the most competent categors in the country and we are sure our patrons will appreciate his services.

We serve all the delicacies of the season. Our regular 35c dinner can't be beat.

Dioner and supper parties served on short notice

THE ROYAL CAFE O. W. GWYNN, Manager

for your Pistol or Revolver

TOU want dependable ammunition, whether for target work or other shooting, ammunition in which the scientific combinations of materials - shell, powder, bullet and primer-have been worked out by experts.

> No matter what the make or caliber, we can supply you with Remington UMC world standard cartridges to fit your pistol or revolver.

WHITTEMORE MCLLEY



Wood's Special

Grass and Clover Seed Mixtures

Best for Permanent Hay and Pasturage Yields.

Put up in proportions as experience has shown best suited for the different soils and purposes for which they are recommended. Enthusiastically endorsed by our

customers. Wood's Seed Catalog for 1917 gives full information, to-

gether with letters from customers giving their experience.

Catalog mailed free on request. Write for it and prices of any Farm Seeds required.

T.W. WOOD & SONS. SEEDSMEN, - Richmond, Va.

Sow Wood's Evergreen Lawn Grass for beautiful green lawns. Write for special Lawn circular.

The Review and Bryan's Componer \$2.00 per year.

A SUBMARINE ON **ACTIVE SERVICE**

Its Commander Has Almost Superhuman Task.

MENTAL STRAIN IS GREAT

Technical Skill of a High Order and Tireless Endurance Are Required. Men Must Be Temperamentally Qualified and Almost Perfect Specimens of Physical Fitness.

The submarine, with the memories it raises of a destructive career, dwarfs and shadows the land warfare of today. The successful submarine commander is the most skillful corsair of the time-perhaps not equaled in any time. He has all the military qualities. There is a marvelous me-banical grip in his set work and something more. Nerve and endurance mark his management even of an ordinary maneuver, nerve which is as rare as inspiration, which, indeed, is often a kind of inspiration. But this officer's qualities reach higher than mere mechanical skill. His powers of observation, his command over himself and his command over the cut and thrust of the torpedo fight are wonderful. He cannot be surprised. He is ever ready to accept a challenge, and once in action he must not wilt out of the most appulling situation, says the New York

Qualities of a Commander.

There is much mystery about the submarine commander. The Germans. who should know, have written nothing about him. Our official and authentic knowledge is due to Italian navai authorities. He is, they assert with truth, a machine, but more than a military machine, and technical knowledge and mechanical skill are not all. He is ever a fighter, but he is not wholly a fighter. He has prudence and singular patience. He is not mastered by the dust and detail of the moment, but looks calmly and seriously at great actions, thinking, planning and, above all, seeing into the future. This is the secret of his success, of his magnetism and his firm hold on the Imagination and will of his crew.

He appears to be little known. This truth is the theme of an authoritative essay on the physique and training of the officers and men of a submarine which appears in the current number

of the Annall di Medicina Navale. The commandant's part is perhaps the most difficult work in the whole range of naval warfare. The manage ment of such a delicately balanced mechanism makes a tremendous de great deal of their methods of spying of its operator. The following is a description of the kind of being upon whom the safety of the craft, the safety of the crew and of numberless people in passenger ships depends.

Great Mental Strain.

"Admiralty orders assign to a submarine (the context shows that a vessel of about 1,100 tons is meant) two chief officers, a commandant and an officer to take his place. During submergence the commandant has control of several complicated mechanical connections. He has to regulate the speed. keep the ship level, attending to the depth and course. For every attack he has these things to look after: Polse and launch the torpedo, read and reread the objects in the reflectors of the periscope. It is evident that the brain is thus subject to an extraordinary fatigue which cannot be continued for any length of time. How many mysterious losses are due to brain fag, to the smallest thing going wrong with the officer's vision or nerve? The eyes are apt to grow tired, the sight to become dim, owing to the strain of looking into the glass of the periscope by the feeble light of the tossing, endless waters. If one eye be used the light is perhaps better employed, and in this way stronger but monocular vision tires more quickly than the vision of two eyes. Soon the limit of endurance is reached through the great bodily and eye

In the crew of the submarine there must be technical experts to attend to the torpedoes, the electric motors, the steering gear, the horizontal planes. the machinery for letting in air or expelling water; there are electricians, firemen, oilers, polishers and others more like the sailors of ordinary times. German sailors of this type whom the writer has seen were remarkably deft. with a facile neatness that seemed incompatible with such merciless employments. They were quick and light, qualities that are indispensable to men who must overcome two physical forces-the pressure of the air, which tends to rise in a submarine under water, and the blood pressure and temper ature, which also rise.

COW IS SOLD FOR \$5,000.

At an auction sale of registered # Holstein-Frieslan cattle, held recently in Rome, N. Y., Cramelle 2 Topsy Ormsby Tobe, reputed to # be the world's champion milk # 男 producer under four years, was 鬼 sold for \$5,000. Twenty-five other # thoroughbred Holsteins were & sold at an average price of \$400.

When Croup Comes Treat Externally

The old method of dosing delicate little stomachs with nauseous drugs is wrong and harmful. Try the external treatment -Vick's "Vap-O-Rub" Salve. Just rub a little over the throat and chest. The vapors, released by the body heat, loosen the choking phlegm and case the difficult breathing. A bedtime application insures

sound sleep. 25c, 50c, or \$1.00. VICK'S "VAPORUB" SALVE

WOMEN EAGER TO SCRUB OR SPY

Others Want to Drive Autos For Uncle Sam.

Women In New York City and In All Other Parts of the Country "Flock to the Colors" to Help In Case of Con-

"There will be lots of women to hold the hands of wounded soddiers in case of war, but we're ready for real work. Put us down for scrubbing floors or anything."

These were the actual words and this was the general spirit of a line of women volunteers that crowded the registration room of the League For Women's Service in New York to give their names as candidates for any tasks the men must leave undone if

The same patriotic spirit is being shown by women all over the country. More than 150 registered personally during the first day in spite of the blustery weather. Hundreds more sent in their names. Dozens offered their automobiles for ambulance service if

A woman who said that she had served with Lord Kitchener and another who said that she knew all the German methods of spying were among those who offered their services. A full fledged woman engineer wrote down her name. Women who had come in their own motorcars offered themselves for any kind of mental

"I have driven my own automobile for the last six years and would be willing to do so in the service of the country," said one wealthy woman.

To Meet Teuton Methods.

"I think I might be of some service in case of war," a woman wrapped in furs suggested. "I lived in Germany for fifteen years, and I have seen a mand upon the mental and physical in the present European war. I'm Engdreds of German spies in this city?"

"You can get me at any time," an other quiet little woman offered hesitatingly. "I drove an ambulance under Lord Kitchener in England and would be glad to do anything that I could here.

Another woman offered herself for packing bandages. Her husband was a doctor, she said, and she knew that he would not be willing for her to do nursing, as he wouldn't consider her competent. But she was a good bandage packer, she said.

"I am an Australian and would like to be helping England. Since I can't do that I want to help America," one declared. "I'll do anything that no one else wants to do.

No woman aviator appeared during the day at the League For Women's Service, but the American Women's Defense league said that several girls had been taught to fly last summer and would be ready to do their parts if need arose.

D. A. R. Begins Its Work,

"The greatest amount of service any group of American women have ever offered to their country," is the ideal of the 95,000 Daughters of the American Revolution, who were called to organize for possible war by their president-general, Mrs. William Cumming Story. The 1,500 chapters raised \$149,000 for the Belgians In three weeks. They will get together hospital supplies and list women for service in

At the various armories the guardsmen's wives, even those who had met with such difficulties while their husbands were at the Mexican border, were showing an unflinching spirit in the expectation of war.

CASTORIA

For Intants and Children in Use For Over 30 Years 'Iways bearg Signature of Gatty Statehor

Winter Brings Colds to Children

A child rarely goes through the whole winter without a cold and every mothed should have a reliable rem edy handy. Fever, sore throat, tight chest, and croupy coughs are sure symptoms. A dose of Dr. Bell's Pine Tar Honey will loosen the phlegm, relieve the congested lungs and stop the cough. Its antiseptic pine balsams heal and soothe. For croup, whooping cough and chronic broatg chial troubles try Dr. Bell's Pine Tar Honey. At all druggists, 25c.

An Avoided Judicial Murder

By RICHARD MARKLEY

One morning a comely young woman entered a pawnshop and offered a diamend ring as security for a loan. The broker, after examining the stone, looked on the inside of the ring and saw the initials E. A. B. to J. S. "What is your name?" asked the

broker.

"Julia Amory."

J. S. might mean Jane Severance, a widow for whose murder Andrew Bowers was to be hanged the next day. The pawnbroker informed the police. and the woman was arrested.

Julia Amory upon examination broke down and confessed that she had murdered Jane Severance. She said that she had been a seamstress in Mrs. Severance's home, had seen the ring in a box of silver articles and jewels and had coverted it. She had gone into Mrs. Severance's room to possess herself of the jewels and, being discovered, had been obliged either to kill the owner or spend a term of years in prison.

The culprit's story was probable enough, but there was one flaw in it. Why did she offer the ring for pawn in the very town where the murder had been committed and on the day before the supposed criminal was to be executed for the murder? Being questioned as to her motive, she confessed that her main object was to visit the scene of her crime.

Andrew Bowers was a young man about twenty-five years of age. had become acquainted with the widow, who was thirty years his senior, and she made a ward of him. One day she showed him a box in which she told him there were articles that concerned him. In case of her death he was to possess himself of it. She kept it on the top of the stone foundation to the house between two joists supporting the floor above.

Bowers was seen with Mrs. Sever ance just before bedtime on the night of the murder. He claimed to have left her at 11 o'clock. She was found dead the next morning. One of the prosecution's witnesses at Bowers' trial swore that Mrs. Severance had told her that she intended to leave all her property to Bowers. This was a strong point against him. No will was found. and Bowers, fearing one might turn up in his favor in the box, kept his knowledge of it a secret.

As soon as the authorities were convinced that Julia Amory's confession was true they released Andrew Bowers, but not before they had confronted him and her. They took him to the prison where she was confined and left him with her for a few minutes, the detectives keeping within hearing. Nothing was said between the twoat least nothing was overheard-and mater he had been permitted to look at her for a few minutes he withdrew from her. On rejoining his keepers he told them that he had never seen her in Mrs. Severance's home, but that didn't prove that she had never been employed there, for he had never lived at the house, and there were times when he had not been there for

After his release Bowers went to the house where Mrs. Severance had lived and possessed himself of the box she had told him contained articles that concerned him. Hidden under some old silver tableware he found a will leaving all her property to him. There was a second paper, which read as fol-

"Ten years ago I was obliged to send Susan Dugan, my cook, to the penitentiary for stealing a valuable brooch from me. She was very bitter against me and said to me, 'When I get out I'll fix you.' I have since lived in the fear that she would keep her word. If anything happens to me she will have caused it."

Shortly after finding this paper Bow ers appeared in the district attorney's office and showed it to him. But bethe attorney to telephone the penitentiary for information concerning Susan Dugan. A reply came that Susan Dugan had been discharged from the penitentiary on a certain date that was found to be eight days before the murder was committed. Her arrest was ordered, and Julia Amory was re-

The morning after Julia Amory had left the prison she appeared at the district attorney's office in company with Andrew Bowers. She told the follow-

Several years ago this man left the place where he lived to seek his fortune. We were betrethed, and I promised to wait for him. When I heard of his arrest for murder it was a great shock to me. Being convinced of his innocence, I laid a plan to cheat the state out of a victim. He had given me an engagement ring without any marking. I had the initials put in its the last two letters being those of the murdered woman. Then I offered the ring in pawn that I might be accused of the murder. The rest you know.

Then Bowers told his story:

"When I was taken to the jail where the woman who confessed was confined I recognized my betrothed. She gave me a look of caution and slipped into my hand a paper telling me that if I were released to disappear; she would later offer proof of her innocence.

Bowers then produced the box Mrs. Severance had told him of and showed the will Susan Dugan paid the penalty of ber

crime, and the state missed committing a judicial murder.

OUR LUNGS ARE DELICATE

Overwork, lack of fresh air, mental strain or any sickness disturbs their functions. Stubborn coughs tear and wear the sensitive lung tissues.

SCOTT'S EMULSION

should be taken promptly for hard coughs, unyielding colds, or when strength is lowered from any cause. Its high nutritive value creates resistive force to ward off sickness. The rich cod liver oil improves the quality of the blood to relieve the cold and the glycerine is soothing and healing to the lung tissues. Refuse Alcoholic Substitutes Which Exclude the Oil.

SEVENTEEN BILLS CALL FOR SPY PROSECUTIONS

Reported In the Senate and Pressed For Early Passage by the President.

The seventeen bills drafted by the department of justice to give the federal government greater power in the prosecution of sples, conspirators and offenders against American neutrality have been reported to the senate by the judiciary committee.

Acting Chairman Overman expects to call them up for action at the earliest possible moment. They were favorably reported to the house the other day and will be pressed for early pas- and if not overcome it produces a fevsage there also, in compliance with a request from President Wilson.

Among the bills are measures to punish spying on any work of national defense, forgery or fraudulent obtaining of passports, destruction or crippling of foreign ships in American harbors, conspiracies to interfere with the export of munitions and many other provisions suggested by the plots of forelgn sympathizers since the war began.

TO BUILD SHIPS FOR ENGLAND

San Francisco Order First Placed by Britain In United States In 50 Years.

"It is the first time in lifty years that England has ordered a ship built in the United States," said an official of the Union Iron works of San Franelsee in announcing recently that the concern had closed a contract to build? three 10,000 ton steel freighters for British firms.

The price was not made public, but contract, which called for the comple- near future. tion of the three ships within eleven months.

USE "CASCARETS" FOR LIVER AND BOWELS WHEN CONSTIPATED

When Bilious, Headachy, Sick, For Stomach, Bad Breath,

Bad Colds.

Get a 10-cent box.

Take a Cascaret to-night to cleanse your Liver, Stomach and Bowels, and you will surely feel great by morning. you men and women who have head- than at the present time. The great ache, coated tongue, a bad cold, are bilious, nervous, upset, bothered with third year and whether peace be at a sick, gassy, disordered stomach, or band or yet far off, it and the events have headache and feel all worn out, to follow it are sure to be of absorb-Are you keeping your bowels clean ing interest for many a month to with Cascarets-or merely forcing a come. passageway every few days with salts cathartic pills or caster oil?

egulate the stomach, remove the sour. No intelligent person can ignore such undigested and fermenting food and foul gases; take the excess bile from the liver and carry off the constipated fore telling where he got it he asked waste matter and poison from the bowels.

Remember a Cascaret to-night will straighten you out by morning. A for \$2.15. 10-cent box from your druggist means healthy bowel action; a clear head the two papers is \$2.50. and cheerfulness for months. Don't forget the children.

Chamberlain's Cough Remedy Highly Recommended.

"I'm thoroughly convinced that if Chamberlain Cough Remedy that if a fair trial it will cure the most severe cold. I cannot speak too highly of it as it always cures and is pleas ant to take," writes Mrs. Charles Saxby, Litchfield, Ill.

GIRLS! HAVE WAVY THICK, GLOSSY HAIR FREE FROM DANDRUFF

Save Your Hair! Double Its Beauty In A Few Moments-Try This!

If you care for heavy hair, that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try

Danderine. Just one application doubles the beauty of your hair, besides it immediately disolves every particle of dandruff; you cannot have nice, heavy health hair if you have dandruff. The destructive scurf robs the hair of its lustre, its strength and its very life, erishness and itching of the scalp; the hair roots loosen, famish and die; uren the hair falls out.

If your hair has been neglected and is thin, faded, dry or scraggy or too oily get a 25-cent bottle of Knowlton's Danderine at any drug store or toilet counter; apply a little as directed and ten minutes after you will say this was the best investment you ever

We sincerely believe, regardness of everything else advertised, that if you desire soft, lustrous, beautiful hair and lots of it-no dandruff-no itching scalp annd no more falling hair-you must use Knowlton's Danderine. If eventually-why not now? .

CLUBBING OFFERS

The following clubbing offers are good for a limited time. Owing to the high prices on print paper these speed, it was said, was a feature of the rates are liable to be advanced in the The Review and Tri-Weekly New

York World \$2.15 The Review and Atlanta Constitution one year each \$2.25 the Review and Progressive Farmer one year each \$2,00 The Review and Bryan's Commoner one year each \$2.00 The Review, Metropolitan Magazine, Woman's World and Farm and Home, one year each \$2,10 The Review, Everybody's Magazine and Woman's World, one year \$2.75

The Thrice-A-Week New York World

The value and need of a newspaper in the household was never greater war in Europe is now half-way into its

These are world-shaking affairs, in which the United States, willing or Cascarets immediately cleanse and unwilling is compelled to take a part.

The Thrice-A-Week World's regular subscription price is only \$1.00 per year and this pays for 156 papers. We offer this unqualified newspaper and The Review together for one year

The regular subscription price of

Chmaberlain's Cough Remedy a Favorite For Colds.

J. L. Easley, Macon, Ill., in speaking of Chamberlain's Cough Romedy says During the past fifteen years it has been my sister's favorite medicine for colds on the lungs. I myself have tasen it a number of times when seffering with a cold and it always relieved me promptly."

Economical Power of Printing



W. M. Oliver Printing Company,