

# A NERVOUS BREAKDOWN

### Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

## Dwarf Wood's Seeds.

### Essex Rape

Is one of the quickest-growing green forage and grazing crops for cattle, sheep, hogs and poultry. Is hardy and can be sown as early in the spring as weather will permit. Costs less to seed per acre and will give quicker green forage than any other crop. Also valuable for soil improvement.

WOOD'S DESCRIPTIVE CATALOG for 1918 gives full information and also tells about all other

### SEEDS for the Farm and Garden

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

See our samples of engraved embossed school commencement invitations before placing your order.—The W. M. Oliver Printing Co.

## REMEMBER THE TUSCANIA IS AMERICAN SLOGAN

### Our Soldiers and Sailors Will Not Forget Gallant Lads Who Went Down With Her.

When the men of the army or the navy make up their minds to "remember" something, they do not forget. And they "remember" by acting. The Alamo was "remembered" and the Maine was "remembered"—not in bloodthirsty hatred, but in the spirit of justice. It is proverbial that Americans are slow to anger, that their good nature can stand a great deal of rubbing the wrong way before it becomes bristly.

Because the American people as a whole have not been giving expression from the housetops to hatred over the unrighteous methods employed in German warfare, the German autocrats have been trying to convince the German masses that America's heart is not in this war. Not long ago a handful of American engineers fought an overpowering force of Germans and fought it to a standstill. It was then that some of the Germans at least were convinced that the new foe could be "fighting mad."

"Men can be fighting mad," said an American army officer recently, "even when they are smiling."

"Now, in this 'remembering' business, the men of the navy and the men of the army have determined to 'remember the Tuscania' and the gallant lads who went down with her. But these men should not be expected to do all the 'remembering.' The whole nation should 'remember' that disaster, and every man, woman and child in the land can do so. Every person who buys Liberty bonds can put himself on record as having 'remembered' the Tuscania and the lads who lost their lives when she was torpedoed off the Irish coast."

### LARCHE GOES BACK TO WAR

Belgian Army Veteran Re-enlists in British Tank Corps.

Sergt. J. G. Larche, former chauffeur in the headquarters division of the Belgian army, has enlisted for a return to the fighting line—this time in Britain's tank corps. He has been for several months in this country giving war map lectures.

In offering his services for the second time at the British-Canadian recruiting mission in Chicago, he told of dropping 9,000 feet in an airplane after having brought down 16 German machines.

He first enlisted, he said, on the second day of the great war and saw the German atrocities in many of the Belgian cities. Bohemians, Poles and Czechs are being recruited for immediate service by the British-Canadian mission.

## CHAMPION AMERICAN GRENADE THROWER



Hezen Kelly of the Syracuse university unit has the distinction of being the champion hand grenade thrower among the American troops in France. Young Kelly's good right arm will probably account for many Hunns when his unit enters the trenches. He has made grenades a special study.

## THIS CAMOUFLAGE DRAWS SHELLFIRE

British Remove Their Guns, but Old "Scenery" Is Left Behind.

Major General O'Callaghan is responsible for a camouflage story that puts the reverse English, as it were, on the camouflage.

"Somewhere out there," he says, "I was looking over some artillery emplacements, and among others found a big 12-inch howitzer planted hard by a little farmhouse in a small orchard. It had apparently been there only a few days, and I asked the lieutenant in immediate charge to tell me about it."

"You see," explained the lieutenant, "we were over yonder half a mile in an excellent position, but the Boche got our range and strafed us something fierce the other afternoon. So I asked the major if we might move her down here. We got the engine up at midnight, the sappers laid down the rails in a little while, and we brought her here before daylight."

"You've got a good position here," I remarked, "but you don't seem to have done much by way of concealment."

"No," replied the subaltern, "we carefully left the camouflage in the old place; you will notice the Huns are still giving it a—"

"Oh," I said, getting the idea, "that's a new one; has it been tried before?"

"Yes, sir," replied the youngster, grinning blandly; "last week we took a 60-pounder out like that and the Boche has been wasting several tons of good shells on camouflage every day since."

### WIFE TO PRODUCE NOISE

Explosive Boss Doesn't Think New Job Is Sincere.

When Constable F. Ruel Andrews of East Haven, Conn., who is also the town dog warden, fire warden and unofficially known as town "chief of police," received a commission from the government, appointing him director of explosives for the town, he stood in the village post office and displayed the voluminous document. Some of the curious bystanders allowed that "Ru" wouldn't have much to do in this town, as there weren't any explosives to direct.

"Huh, there ain't!" said the constable. "Well, you just wait till my wife hears they've saddled a new office onto me."

### PIGS HELP GET BEAR

Held the Animal While Lad Let Go Both Barrels of Gun.

Willie Hackenschmidt, fifteen years old, of Salmon Creek came to Warren, Pa., the other day with a 250-pound black bear in his farm wagon.

"I couldn't have got him if it hadn't been for father's pigs," he explained. "I was out in the woods after rabbits when I heard one of the pigs squeal. I ran toward the sound and when I got there a big black bear had one of the little squealers in his paws. The others were crazy. They were pawing the bear all over. He dropped the pig and started to run when he saw me, but the pigs held him until I could get close enough to give him both barrels."

Airplane Work for Cotton Mills. Cotton mills in Lancashire, Eng., are to be turned over to the manufacture of airplanes to alleviate distress in that district resulting from dismissals consequent upon shortage of cotton supplies.

## How to Make Oatmeal Bread

### Healthful to Eat—Saves the Wheat

1 cup flour	1 cup cooked oatmeal or rolled
1 1/2 cups corn meal	oats
1 teaspoon salt	2 tablespoons shortening
5 teaspoons Royal Baking Powder	1 1/2 cups milk
2 tablespoons sugar	No eggs

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

## ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

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### FOOD WILL WIN THE WAR

### Ate the Wrong Sandwich.

The sudden exodus of seven negroes from the backroom of an uptown cafe in New York brought several policemen to the scene to learn the cause of the ebony eruption. Only one negro was left in the room when the cops entered. He was found breathing hard and pawing the ground. When called upon for an explanation he said: "It is just this way," he began. "Me and seven other gent was a-playing poker here all quiet and 'spectable. I was a-winning, but not much, and was laying for the bunch to make a-killin'. I already had three aces and was a-waiting for the fourth to roll round. Sure enough, here she comes. It was just the same as counting all the money my own—and then I discovered that some fool negro had eat my sandwich. Then it was that I riz up 'er fighting—and you seen them a piling outer that door." "But what did you make such a fuss about one sandwich for?" asked one of the cops. "Couldn't you get another one for a dime?" "Yes, sir, I guess I could, boss," said the negro gladiator, "but not like that one. You see, that sandwich of mine, what some one eat when I wasn't a-looking, was the one where I was a-keeping them three aces."

### Origin of a Popular Hymn.

The following illustration given by D. L. Moody suggests the true origin of P. P. Bliss' hymn, "Let the Lower Lights Be Burning!" A ship on Lake Erie, bound for Cleveland harbor, was overtaken by a storm, and as they neared the port the pilot could only see the upper light—the light from the lighthouse streaming to them through the storm and darkness. The lower lights were not burning—the pilot could not see how to steer into the harbor. It was impossible to sail back again upon the lake; the ship had to go forward and for the want of the lower lights along the shore the vessel, now at the mercy of the huge, roaring waves, was dashed to pieces on the rocks, and many of the crew perished before help could reach them. P. P. Bliss was associated in those early days with D. L. Moody in Christian work, and he must have heard Mr. Moody use this illustration, which gives a beauty to its meaning.—Christian Herald.

### Courage in Insects.

How shall we regard the following observation, made, not in the world of the higher animals, but in that of insects, so different from ours? It was in the Forest of Fontainebleau. On a stone half a dozen ants gathered about a bit of food were regaling themselves with avidity. From time to time I approached the group of epicures with my finger, at a distance of about a decimeter (about four inches distant); all the ants quit their repast, save one, who did not see fit to disturb herself. Finally I put my finger very close to the group; all the ants fled, except the one that had not been frightened before. She turned suddenly toward me, remained motionless for a few moments, erecting herself on her legs and menacing me with her mandibles; then she rushed upon me with all her speed. . . . This observation proves two things—that these little creatures are capable of reflection, and even of an extraordinary courage, and that all the individuals of the same species do not act with predestined certainty in the same fashion.—Exchange.

Have you bought your War Savings Stamp yet?

## LUCKY STRIKE CIGARETTE

IN a year it has become famous; the man's cigarette for the men who are working over here, and fighting over there.

The reason? Because it's made of Burley pipe tobacco and because—

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