

CLIMBED STAIRS ON HER HANDS

Too Ill to Walk Upright. Operation Advised. Saved by Lydia E. Pinkham's Vegetable Compound.

This woman now raises chickens and does manual labor. Read her story: Richmond, Ind.—"For two years I was so sick and weak with troubles appearing in my back, I could not even get up when going to bed. I had to go very slowly with my hands on the steps, then sit down at the top to rest. The doctor said he thought I should have an operation, and my friends thought I would not live to move into our own house. My daughter asked me to try Lydia E. Pinkham's Vegetable Compound as she had taken it with good results. I did so, my weakness disappeared, I gained weight and strength. I got into my new home, did all kinds of garden work, shovelled dirt, did building and cement work, and raised hundreds of chickens and ducks. I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound and if these facts are used, you may enlighten them for the benefit of other women.—Mrs. M. O. JOHNSON, Route D, Box 150, Richmond, Ind.

TO KILL RATS, MICE AND COCKROACHES

Use STEARNS' ELECTRIC PASTE. U. S. Government Buys It. SOLD EVERYWHERE—\$1.00 and \$1.50.

Found—One Optimist. "Happy man." "Why so?" "He's already planning a fishing trip for next summer."

ACTRESS TELLS SECRET. A well known actress gives the following recipe for grey hair: To half pint of water add 1 oz. Bay Rum, a small box of Barb. Compound, and 1/2 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barb. Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

England's Royal Dying Corps has a mechanical device in which are several woman drivers who wear khaki.

Mrs. C. R. Brown of Los Angeles, Cal., owns a cat which is twenty-one years old.

Ask for and Get SKINNER'S THE HIGHEST QUALITY SPAGHETTI

36 Page Recipe Book Free. SKINNER MFG. CO., OMAHA, U.S.A.



If you have a cheap stomach and can not eat what you want without suffering the tortures of dyspepsia, if you have headaches, backache, heartburn, or if your liver and bowels are out of a strike it is up to you to get those organs in proper condition to receive and assimilate food by at once using

Green's Augst Flower

Which for 51 years has been a favorite household remedy in many thousands of homes for all stomach disorders, acid eructation, nervous indigestion, constipation and biliousness. 25c and 75c sizes at all Druggists and Dealers.

Rheumacide

Have you RHEUMATISM Lumbago or Gout? Take RHEUMACIDE. It removes the disease and drives it out of the system.

Ask for and Get RHEUMACIDE. J. Est. Jany & Son, Wholesale Distributors Baltimore, Md.

COLORED PEOPLE

can have nice, long, straight hair by using Exelento Quinine Pomade, which is a Hair Grower, not a Kinky Hair remover. You can see the results by using several times. Try a package. Price 25c at all drug stores or by mail on receipt of stamps or coin.

FROST PROOF CABBAGE PLANTS

Early Jersey and Standard Whitefields. Succession and Pink Dutch, by express, \$50, \$100, \$150, \$1.50, \$5.00, at \$1.25. Satisfaction guaranteed. Postpaid, \$1.25. D. F. JAMISON, SUMMERVILLE, S. C.

MARKER'S HAIR BALSM

A toilet preparation of sweet, fragrant oils, which restores color and beauty to the hair. Sold at all Druggists.

KODAKS & SUPPLIES

APPENDICITIS

From the best treatment of Dr. GALLISTON'S APPENDICITIS. 645 of plain in the right FREE. L. E. BROWN, DEPT. 6, N. E. 215 S. BRADSHAW ST., CHICAGO.

NEWS and Gossip OF WASHINGTON

High Cost of Twine Has Hit U. S. Post Office

WASHINGTON.—New spare-time employment has been found for the workers of the post office department, the unraveling of ends of old lots of twine that come in the post offices throughout the country, and in trying the ends together to form balls of twine for tying purposes.

This is the result of a wave of economy in the post office department. In calling attention to the fact that such spare-time employment is given to idle men in some of the post offices the department states: "It is desired that this work is to be followed throughout the service and that excess twine should be accumulated, the twine sent by mail to the nearest large post office or division headquarters of the railway mail service." The department officials state that owing to the abnormal increase in the price of twine, a contract for the supply of which has just been made for a period of one year from November 1, 1916, it is necessary to emphasize previous appeals that care and economy be exercised in the use of twine, and that it be saved and reused when possible.

President Wilson Thinks and Writes in Shorthand

FEW persons perhaps know that among his varied accomplishments President Wilson combines a complete knowledge of shorthand. Mr. Wilson writes shorthand with such great accuracy, legibility and skill that almost anybody with an elementary knowledge of shorthand can read his outlines.

Many of Mr. Wilson's most famous speeches and most notable state papers have been thought out first in shorthand on paper and later written on the typewriter by the president's own hand. His recent message to congress was first prepared in this way.

President Wilson thinks in shorthand. He keeps small books of notes always at hand upon which he jots down constantly in shorthand the ideas that come to him. It is almost reflex action with him. In this way he is able to form and instantly record subtleties of thought and delicate shades of expression that otherwise might escape him.

The famous first Lusitania note, for example, with its finished expression and skilled rhetoric, was first prepared in shorthand in the privacy of the president's study. In its preparation he passed three days in strict seclusion, silently studying the great aspects of the German-American situation, and had no communication with anyone save Mr. Tammly, his secretary.

In the White House it is quite usual to see the desks of the executive offices covered with pages of shorthand; they are almost as common as sheets of typewriting, for not only does the president employ this brief mode of writing, but Mr. Tammly and the assistant secretaries use it. Frequently the president hands his notes over to a stenographer, who can read them as readily as his own shorthand.

President Wilson first studied shorthand in his collegiate days, and has used it throughout his career. He is the second of the presidents of the United States to use the "winged art." Nearly 150 years ago James Madison, who later served two consecutive terms in the White House, employed shorthand in reporting the deliberations of the ever-memorable federal convention at Philadelphia, which gave us the system of constitutional government.

Consider Form of Government for New Possessions

CREATION of a form of government for the Danish West Indies is a legislative task which will confront congress after ratifications of the treaty providing for their acquisition have been exchanged between the United States and Denmark. Congress will await, however, a note from the secretary of state announcing the completion of diplomatic arrangements before undertaking to appropriate the money. Administration leaders expect that the state department will conclude the negotiations in time to include the purchase price in the general debt appropriation bill at this session. But they doubt that any effort will be made by this congress to create the permanent form of government to be provided for this important territorial acquisition to the United States. The inhabitants themselves have expressed a desire for full citizenship.

"Little White House" Headquarters of Suffragists

THE Congressional union recently celebrated its first anniversary in its new home, Cameron House, 21 Madison place, opposite Lafayette park, the building which is now the national headquarters of the movement to enfranchise women through the passage of the Susan B. Anthony amendment.

The name "Little White House" by which this stately residence is familiarly known, has not been bestowed upon it by chance, for during its nearly 90 years of existence it has been the center from which have radiated many a plan and program affecting the nation's destinies. Built in 1828 by Benjamin Ogletay, the house is filled with traditions of its many occupants—traditions which have become a vital part of Washington's history.

Among its honored guests have been John Quincy Adams, who often dropped in informally; Presidents Harrison, Fillmore and Taylor, this being the last house which President Taylor visited in Washington before his death; the statesmen Webster, Clay and Calhoun; the historians Prescott, Bancroft and Washington Irving; Senator Donald Cameron of Pennsylvania and Vice President Hobart; and Senator Mark Hanna, who over the cozy breakfast table, often entertained President McKinley while helping him to plan out the campaign of 1900. Miss Rosh Hanna, now Mrs. Medill McCormick of Chicago, spent part of her girlhood there.

CONDENSATIONS Tennis courts made of rubber have been invented by an Englishman. Under normal conditions ten inches of snow will yield one inch of water. A two-wheeled automobile that is balanced by a gyroscope has been invented by a Russian engineer. Dr. John Quackenbush of East Dover, N. H., has used the same rowboat on Highland lake 44 years.

New York may prosecute property owners for cost of fighting fires where fire prevention laws have not been obeyed. The larger part of Mexico consists of an elevated plateau, with mountains on the east and west. This plateau is of volcanic origin. A Danish nerve specialist places convalescent patients on top of a piano so that they may be benefited by its vibration as it is played.

"CASCARETS" ACT ON LIVER; BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box. Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passage every few days with Bala, Cathartic Pills, Castor Oil or Purgative Waters?

Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting 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.

Cascaret to-night will make you feel better by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your store. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, Coated Tongue, Indigestion, Sour Stomach or Constipation. Adv.

Warning About Water Pipes. Now is the time that fires are caused by householders attempting to thaw out service pipes by burning oil-soaked rags and using other ill-advised methods which in an eye flash will result in the proper way to send for a plumber.

A Trial Gave Instant Relief—Never Disappoints—Great Kidney Remedy. Being broken down in health, suffering with kidney trouble, despairing of ever being well again, I was advised by a friend to try Dr. Kilmer's Swamp-Root which I have since used, and can safely recommend Swamp-Root to anyone suffering with back or kidney troubles.

CONCRETE GROWS IN FAVOR. Since the advent of the concrete block industry, some rapid steps have been made in house construction. The special factors which it is possible to apply to the concrete blocks make them a solution of almost any problem in house building where something special is desired in finish.

GIRLS! GIRLS! TRY IT, BEAUTIFY YOUR HAIR. Make It Thick, Glossy, Wavy, Luxuriant and Remove Dandruff—Real Surprise for You. Your hair becomes light, wavy, fluff, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse."

Common Sense Penal Treatment. Dayton, O., used to treat its workhouse prisoners as most other cities treat them—that is, put them in a cell and let them stay there in idleness, eating poor food, and breathing the same foul air until their terms had expired.

Unprofitable. Lot's—One who loses anything by keeping an engagement punctually. Scott—Except half an hour's time waiting for the other fellow.—Chicago Herald.

The Ointment That Does Not Affect the Head. Brasso Ointment can be used by anyone without danger to the head. It is the only one. "Brasso Ointment" is E. W. GROVE'S signature is on each box.

Acquiescence. "Well, how do you see you try to kiss me?" "That you know, I always try to do anything you like."

Depraved Appetite. "What's the excitement down the road, Helen?" "Of man diggers is on a bay-ram jag."

Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels. Adv.

Given Frederick is one of the prettiest actresses in New York.

HOME TOWN HELPS

MEANS LOOKING INTO FUTURE. Expert Who Has Made a Study of City Planning Outlines Objects Sought to Be Obtained.

Although a wide interest in the subject of city planning is manifest today, both in Europe and America, there appears to be uncertainty as to what it precisely is. According to a distinguished authority whom Mr. Lewis quotes: "City planning simply means getting ready for the future in city growth. It is the guidance into proper channels of a community's impulses toward a larger and broader life. On the face of it, it has to do with things physical—the laying out of streets and parks and rapid transit lines. But its real significance is far deeper; a proper city plan has a powerful influence for good upon the mental and moral development of the people. It is the firm base for the building of a healthy and happy community."

Mr. Lewis studies in turn, the inception and development of this city planning movement emphasizing the need of instituting its successful executive to "fully authorized city officials or a special commissioner created for the purpose," the correction of mistakes, and the general problems of transportation. In the delightful chapter, "Garden Cities," he declares that the garden city movement goes much further than to provide attractive homes for those who live in or near large cities or centers of industry.

Practical Plan. "That brick young man who just arrived went out in a sort of philanthropic spirit," said the custodian of a skrzytbar. "He's behind a movement to get aged scrubwomans off their knees."

ENDS DYSPEPSIA, INDIGESTION, GAS. "Pape's Diapepsin" cures sick, sour stomachs in five minutes—Time!!

CONCRETE GROWS IN FAVOR. Use of That Material in House Construction Is Becoming Popular With All Classes of Builders.

Yager's Liniment is excellent for every kind of pain or congestion. It quickly relieves backache and rheumatic pains, and is a splendid remedy for Neuralgia, Sciatica, chest pains, sprains, strains, swellings and enlargements.

YAGER'S LINIMENT. GILBERT BROS. & CO. BALTIMORE, MD.

EGZEMA. "Ezema's Cure" is guaranteed to stop and permanently cure that itchy, burning, itching skin disease. It is guaranteed for that purpose and your money will be refunded without question if it fails to cure you in 10 days.

ROUGH on RATS. Kills Rats, Mice, Insects. No outdoors. 10c and 25c.

TO LIVE LONG! A recipe given by a famous physician for long life was: "Keep the kidneys in good order! Try to eliminate them in the skin and intestines the poisons that otherwise clog the kidneys. Avoid eating such things as salt, alcohol, tea, fat, milk, sugar, and rich food."

WILKESMITH'S CHILL TONIC. Sold for 47 years. For Malaria, Chills and Fever. Also a Fine General Strengthening Tonic. 60c and \$1.00 at all Drug Stores.

LOOKOUT BISCUIT. FRESH—CRISP—WHOLESALE—DELICIOUS THE SANITARY METHOD APPLIED IN THE MAKING OF THESE BISCUITS MAKES THEM STANDARDS OF EXCELLENCE.

LOOKOUT BISCUIT. Your dealer has them or if not he should. Ask him or us or give him our name. CHATTANOOGA BAKERY CHATTANOOGA, TENN.

The PERUNA Family

has three members you should know if you desire to enjoy life. 1. The popular liquid form of Peruna—the reliable tonic of the American household, with a long history of success in treating all catarrhal diseases.

2. The tablet form, which is made after the same formula and is more convenient for many. 3. Manna, the ideal laxative, by the regular use of which constipation may be overcome and natural action restored.

Lost Opportunity. "I see an old gentleman approaching. He wears a silk hat and is absorbed in a pamphlet he is reading. Further down the street several small boys are wailing with snowballs in their hands. What does the old gentleman know?" "Nothing. I know something those small boys evidently don't know. The old gentleman has to walk only about ten feet before he will turn into his own house, where, I assure you, he will be quite safe."

INSIST ON YAM NUTS.—Up-to-date grocers have them—the new food with an "unforgettable flavor," made from Southern yams. Try YAM NUTS once, they'll win you sure. The Williams Co., Greenville, S. C., Adv.

With the Fingers! Says Corns Lift Out Without Any Pain.

Sore corns, hard corns, soft corns or any kind of a corn can shortly be lifted right out with the fingers if you will apply on a corn a few drops of freezane, says a Cincinnati authority.

WHAT IS LAX-FOS? LAX-FOS is an improved Cascara (a tonic-laxative) Pleasant to take in LAX-FOS the Cascara is improved by the addition of certain chemicals which increase the efficiency of the Cascara, making it better than ordinary Cascara. LAX-FOS is pleasant to take and does not grip nor disturb stomach. Adapted to children as well as adults. Just try one bottle for constipation. See

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