"War-Time Cookery" FREE

Send name and address for new "War-time Cookery" This book contains recipes chosen by the judges as the best and most practical recipes submitted in our recent cash prize competition. It is intended to assist in the conservation of food and to effect savings in home cooking and baking.

Approved by Canada Food Board

ADDRESS

E. W. Gillett Co. Ltd.

TORONTO, CANADA

AN OPEN MIND AT KRUPP'S

(Philadelphia Record)

Among the thousands who listened to the Kaiser's speech to his "dear friends at the Krupp works" there must have been at least one with a mind of his own. To such a man the Imperial Exhorter offered many opportunities for parenthetical comment (sotto voce, of course)as the speech was unfolded. Let us, for a moment, try to put ourselves in that man's place, and give to the Kaiser as close attention as the divergent thoughts the imperial words engender will allow. The "straight" stuff is the Kaiser's, the parentheses are the intelligent workmen's:

"I have long felt a desire to pay you a visit during this war, but, as you know, numerous political and military duties have summoned me to the various battle-fields and regions of war-wrecked Europe. Now at last, to my delight, I have succeeded in coming here (the delight of success born of failure to go somewhere else). "What I want to do to-day is to express my imperi.' thanks (always 'my" and still "imperial") to the directors of the Krupps (dividends!), the foremen, the workmen and the workwomen for the absolutely astounding manner in which the Krupp works have been placed at the disposal of the German army and its Supreme War Lord (the Supreme Ego again) . . . losses, sorrows and cares which have spared none, neither princely house nor modest workman's dwelling (we trust all your highness' relatives continue in the best of health).

"I have been touched by your cares to the depth of my heart, . . . and there is no wonder there is dissatisfaction here and there. But to whom, after all, do we owe this? Who spoke at the beginning of the war of starving out German women and children? Who was it who introduced terrible hatred into this war? It was the enemy! (Of course, with his Belgian outrages upon our soldiers, with his submarines, poison gas and bombing of open towns) . . . Our brave army out there has shown you (its scared face turned to Berlin). . . . Our death-defying navy (safe in Keil) . . . Our U-boats, like a consuming worm, gnaw at the enemy's vitals more than our enemies will admit (or the result indicate) . . . .

"Envy induced our enemies to fight, and war came upon us. And now when our apponents see that their hopes have been deceptive and how our mighty generals, after whom your new workshops are rightly named, have dealt them blow upon blow, hatred springs up. We only know the honest wrath which deals the enemy the blow, but when he lies prostrate and bleeding we extend to him our hand and (drop bombs on his Red Cross hospitals).

"In this world good clashes with evil That is how things have been ordered from on high—the yes and the no; the no of the doubting mind against the yes of the creative mind; the no of the pessimist against the yes of the optimist; the no of the unbeliever against the yes of the champion of faith; the yes of heaven against the no of hell . . ."

Here we must believe the intelligent workman to have been overcome with nausea. He takes his doubting "no" out into the open air and misses the larger half of the All-Highest's lovely address. He is not one of those who rise at the end, at the Kaiser's command, and yell "Yah!" and who receive this final blessing from the Emperor:

"I thank you. With this 'yes' I go now to the Field Marshal. Now it is for everyone of us to fulfill his vow to duty, and to exert his body and mind to the utmost for the Fatherland. Every doubt must be banished from mind and heart."

I was cured of painful Goitre by MINARD'S LINIMENT.
BAYARD McMULIN.
Chatham, Ont.

I was cured of Inflammation by MINARD'S LINIMENT.
MRS. W. A. JOHNSTON.
Walsh, Ont.

I was cured of Facial Neuragia by MINARD'S LINIMENT.
J. H. BAILEY.
Parkdale, Ont.

Minard's Liniment Cures Colds, etc.

TRADE BRIEFS

The development of ore mining in eastern British Columbia shows a steady progress.

The commercial agent stationed at Copenhagen, Denmark, reports that Norway's supply of fuel for the winter is secured, 400,000 cords of wood having been carried by the railroads during the first four months of the year.

The Tunicsii Francaise of Tunisia states that the forestry service there has now terminated the cork harvest of the Khroumirie forest.

The Birmingham, England, City Council has just approved a project for a very large expenditure in electric supply equipment. The new scheme provides for the construction of a permanent generating station at Nechells.

PILES

Zam-Buk ends the pain, and stops bleeding. Try it! All dealers, 50c. box.

Zam Buk

It is reported that the year's crop of menthol in the Hokkaido, Japan, district, which is known to have been curtailed very much owing to farmers' preference for beans and peas, which bring more remuneration, is now estimated by Tokio dealers to be 1,238,000 bushels, being a reduction of one-third of the normal.

An American company is constructing at Colon, Panama, a two-storey concrete building for manufacturing cocoanut and palm oils, soap and their by-products. It will be possible to make 1,500 gallons of cocoanut oil and 250 gallons of palm oil daily.

The Japanese Department of Agriculture and Commerce reports that at the end of 1916 there were 24,335 fertilizer factories, 45,470 fertilizer dealers and 1,100 fertilizer importers in Japan.

The Federal and State Governments of Australia have for some time past experienced much difficulty in maintaining an adequate supply of paper, and the outlook gives promise of still further trouble. With a view to remedying this matter, Mr. Albert Mullett, the Government printer, will visit the United States to purchase paper.

Newest Neckwear.

It is more important than ever. Organdies, linens and nets lead.

Separate collars, collar and cuff sets, vestees and chemisettes are in order.

The designs are simple and the "trimmings" include hand embroidery, lace, tiny tucks and hemstitching.

CROSS, SICKLY BABIES

Sickly babies—those who are cross and fretful; whose little stomach and bowels are out of order; who suffer from constipation, indigestion, colds or any other of the minor ills of little ones—can be promptly cured by Baby's Own Tablets. Concerning them Mrs. Jean Paradis, St. Bruno, Que., writes: "My baby was very ill and vomited all his food. He was cross and cried night and day and nothing helped him till I began using Baby's Own Tablets. They soon set him right and now he is a fat, healthy boy." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

An Autumn Evening.

Dark hills against a hollow crocus sky
Scarfed with its crimson pennons, and below
The dome of sunset long, hushed valleys lie
Cradling the twilight, where the lone winds blow
And wake among the harps of leafless trees
Fantastic runes and mournful melodies.

The chilly purple air is threaded through
With silver from the rising moon afar,
And from a gulf of clear, unfathomed blue
In the southwest glimmers a great gold-star
Above the darkening druid glens of fir
Where beckoning voices and elfin voices stir.

And so I wander through the shadows still,
And look and listen with a rapt delight,
Pausing again and yet again at will
To drink the elusive beauty of the night,
Until my soul is filled, as some deep cup,
That with divine enchantment is brimmed up.

—Canadian Countryman.

Minard's Liniment Cures Diphtheria.

Cultivate Your Aspirations.

Very few people are satisfied with the work they are doing. Many of them have aspirations for something better, more congenial. If you have any natural leaning toward a higher grade of work, says Physical Culture Magazine, don't strive to put it out of your mind, but try to keep it very much in your mind. It may indicate a field for which you are especially gifted. If you have any ambitions, cultivate them. It is only those who dare to follow the guiding star of destiny by encouraging and cultivating these aspirations who ultimately move forward to their realization.

To Remove Grease Spots.

The removal of grease spots from a carpet or rug is not an easy matter. One of the most practical plans is to prinkle hot cornmeal and whiting over the spots and leave for two or three days, brush off with a stiff brush and repeat till the spots are gone. Or, if there is not the least danger of fire, the powder may be covered with gasoline and rubbed hard till the gasoline evaporates. Then sweep clean.

SPANKING DOESN'T CURE!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional the child cannot help it. I will send FREE to any mother my successful home treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Address.

Mrs. M. Summers,
BOX 8. Windsor, Ontario

Phosphorescence On Moon?

Several European observers of the total lunar eclipse of July 4-5, 1917, have reported that the brightness of the lunar disk appeared much greater around the limb than near the centre. These observations led N. A. Nodon, of Bordeaux, to revive a suggestion that has sometimes been made to account for the brilliancy of certain lunar craters; viz., that the surface of the moon may possess a luminosity of its own in the nature of phosphorescence. In that case, perspective would increase the apparent luminosity toward the limb.—Scientific American.

When thieves fall out it is time for honest men to fall in.

WHY NOT BE A MECHANIC IN THE ROYAL AIR FORCE?

HAVE YOU MECHANICAL ABILITY?
CAN YOU DRIVE A CAR?
CAN YOU HANDLE HORSES?
ARE YOU A GOOD CLERK?
DO YOU UNDERSTAND GASOLINE ENGINES?

A GOOD OPPORTUNITY

is here offered for men in Medical Category "B" who are under the M.S.A., and for men who are not under the M.S.A., to work in the flying fields, workshops and offices of the Royal Air Force in Canada. No other branch of the Service offers the possibilities for improvement that is obtained by ambitious endeavor in Royal Air Force work. It is a big opportunity to serve the Allied cause, in congenial and healthy surroundings, and in instructive and interesting work.

SKILLED AND UNSKILLED MEN NEEDED

If you are skilled in a R.A.F. trade, you will be given the opportunity to work at it; if you are unskilled, you will have the chance to make yourself proficient in some branch of work that will be of benefit to you when you return to civilian life.

APPLY PERSONALLY OR BY LETTER
OFFICER IN CHARGE TRADE TESTS, R. A. F.
COR. GEORGE & DUKE STS., TORONTO.

Their Gamble.

"What's the matter with the mule's shoes?" asked the village blacksmith. "I put them on day before yesterday and they look all right to me."

"Never mind how dey looks," replied Erastus Pinkley. "You jest take dem shoes off an' put on yuthuh ones. Me an' Samson Smiley will stan' de expense."

"What has Smiley to do with it?"

"He's helpin' me finance a spo'tin' proposition. We's got a bet on how many times yo kin fool aroun' dat mule's feet befo' you gits laid out."—Brooklyn Citizen.

YOU MUST HAVE ONE.

Those Little Underslips of Soft Black Satin.

Positively you must order —if you do not already own—one of these quite invaluable little gowns or underslips of soft black satin.

For it can be put to a dozen different and good uses, a very wide, straight and good uses, a very wide, straight belt of gorgeously-brocaded satin ribbon, or metallic tissue, with loop-over and fringed sash-ends, being another means of giving variety to its simplicity.

Be sure, however, that you have the sleeves made quite long and to fit with glove-like closeness to the wrist —by means of inner stud-fasteners, the outer closely clustered, and satin-covered buttons being only for ornament.

Then this style of sleeve will be suited to both daytime and evening tunics and trimmings, whereas the other most popular, and certainly very pretty, bell-shaped sleeve, which ends its career below the elbow, would not always be in keeping with the serge of daytime.

$100--REWARD--$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages and that is catarrh. Catarrh being greatly influenced by constitutional conditions requires constitutional treatment. Hall's Catarrh Medicine is taken internally and acts through the Blood on the Mucous Surface of the System thereby destroying the foundation of the disease, giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in the curative powers of Hall's Catarrh Medicine that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggist, 75c.

GERMANY WANTS BACK HER COLONIES.

(New York Sun)

The German Colonial Secretary Dr. Wilhelm Solf, declared that "a lively consciousness now extends far into the workers' circles" that the retention of German colonies is a vital question for the honor of Germany as a great Power. In his statement of Germany's position on the return of her colonies Dr. Solf differs from preceeding spokesmen on the subject in giving no indication that Germany is holding Belgium or other of her conquests as pawns, and in basing his plea upon the grounds of Germany's moral conquests in her dependencies. His suggestion is that a compromise be effected on the colonial question by which possession shall correspond to the economic strength of the nations concerned.

Germany before the war had four colonies in Africa, one in Asia and nine islands or groups of islands in the Pacific Ocean. Their estimated area was 1,027,820 square miles. The last of these colonies was lost several months ago when General Smuts with his South Africans and Belgian, French and Portuguese colonial troops drove the Germans from German East Africa and forced their surrender in the swamp lands of the Lake Nyassa region.

More than a year previously to this conquest General Botha had occupied German Southwest Africa, and French and British troops Togo and Kamerun. Early in the war Japan had captured Kiao-chow, China, the Caroline, Marshall and Ladrone islands in the Pacific; Australia had taken German New Guinea and adjacent islands, and New Zealand the Samoan group.

Dr. Solf speaks of the benefits accruing to the native population under the German rule and "the decimation of the colored population of the various African colonies by the Entente's action." Germany's colonial policy differed from that of any other civilized nation. She did not attempt to form homes for German settlers; she sent retired Prussian soldiers to German Southwest Africa whose principal duty was to form defence against British South Africa; in East Africa she granted the lands to Berlin stock companies which would furnish tropical products to German manufactories. She pursued similar policies in her Pacific possessions, and in all of her dependencies she forced native labor for stated periods of the year to do the work.

The German treatment of the black people of Africa has been frequently referred to as "the darkest chapter in Colonial Africa." As the result of the German punitive expedition in Central Africa it is reported that of the Herero nation, estimated at 100,000 before the war, only 15,000 survived. "Of the rest some fled to British territory, but the greater part had succumbed in the war or had perished in the Kalahari desert." In discussing the conquest of East Africa in the Reichstag Dr. Dernburg declared that the German campaign had cost, apart from disease and military engagements, the death of 75,000 natives from starvation. The German method of spreading the blessings of Kultur is best set forth by the Kaiser in his address to his expeditionary force to China: "Use your weapons in such a way that for a thousand years no Chinese shall dare to look upon a German askance." The terror of the natives for German methods is so intense that not a captured colony desires the restoration of the German rule.

But apart from this is the fact that not a nation wants a German colony for a neighbor. China entered the war that she might be spared from the return of the overbearing German. Japan objects to the hold of Germany upon islands near her shores. The Union of South Africa demands as a reward for the assistance which it has rendered the civilized cause that Africa from the Cape to the Mediterranean be freed from German domination. The basis of the appeal of Australia and New Zealand for a Monroe Doctrine in the East is the peril to their nationalism in the Pacific. The voice of these people, who know what the German colonial policy really is, who know Prussian arrogance and greed for territory, must be heard at the final settlement. And there can be no question as to what that voice will say.

Dr. Solf says "Germany will not misuse her power in the East." The world knows the value of a German promise. It has had too many experiences with treaties and international agreements torn up as "scraps of paper" to accept upon Germany's word and assurance the compromise settlement which Dr. Solf so willingly offers.

Minard's Liniment Cures Garget in cows

Soy Bean Coming.

It has always been supposed that a city in New England called Boston was the authority on beans. It now appears that China has a few bean tricks that Boston has yet to learn. So interested has the United States become in this discovery that Dr. Yamei Kin, a Chinese woman graduate Department at Washington all the facts that are known in China about the soy bean.

Americans can grow the soy bean all right. In fact, they have done so for a long time, but they use the crop as a food for live stock. In China the bean is used as a food for human beings, and apparently they like it, for the soy bean is eaten in some form by both rich and poor.

"Instead of taking the long and expensive method of feeding grain to an animal until the animal is ready to be killed and eaten, in China we take a short cut by eating the soy bean which is protein, milk and meat in itself," says Dr. Kin.

The plain bean, however, is never eaten, but it furnishes such products as natto, tofu, miso, yuba, shoya and other dishes with queer-sounding names, which will be better understood in Dr. Kin's own words as quoted in an interview in the New York Times before she left for China.

Just Jottings.

—Velvet capes for children and Scotch plaid capes for grown-ups are shown among the new models just arrived on the ships from Paris.

Reversible coats are shown which can be fur lined with cloth outside and reversed if desired.

Satin and serge of broadcloth are used in the same way.

Fitted bodices and smoothly fitted frocks are mentioned among the new models as well as the chemise type

Ostrich is used extensively on the fall millinery.

Hatter's plush makes many of the new large hats as well as small ones.

Heavy silk floss tassels and brushes of all kinds are prominent among the imported hats. Large pins of all kinds are used. Two-faced ribbon being shown. Hat pins are used for hat decoration.

Japanese tunics are worn to a great extent.

Pretty Good.

Two Tommies went into a restaurant over on the Eastern front and said to the waiter, "We want Turkey with Greece."

The waiter replied, "Sorry, sirs, but we can't Servia."

"Well, then, get the Bosphorus."

The boss came in and heard their order and then said, "I don't want to Russia, but you can't Roumania."

So the two Tommies went away Hungary.

War is hell, especially to the man whose hands are tied by old Father Time.

You never can tell. Many a man with whiskers will tell a bare-faced lie.

HIRST'S PAIN EXTERMINATOR

DON'T SUFFER PAIN—BUY HIRST'S!

and be prepared against attacks of rheumatism, lumbago, neuralgia, toothache and earache. Equally effective for relieving swollen joints, sprains, sore throat, and other painful ailments. For over 40 years a family friend. Don't experiment—buy Hirst's—always have a bottle in the house. Have handy at once.

At druggists or by mail on receipt of price. HIRST REMEDY CO., Hamilton, Canada. 35¢ BOTTLE

Subject's Sobriety.

The following story which is going the rounds of the continental papers, including even those of Austria, must make the Germans gnash their teeth. A German and a Dane met recently in Schiller's house in Weimar. As they stood gazing reverently on the scenes the German, swelling with pride, remarked to his fellow-visitor:

"So this is where our national poet, Schiller, lived?"

"Pardon me," said the other; "not national, but international."

"How so?" asked the German with surprise.

"Why, consider his works," the Dane replied. "He wrote 'Mary Stuart' for the English; 'The Maid of Orleans' for the French; 'Egmont' for the Dutch; 'William Tell' for the Swiss—"

"And what did he write for the Germans, pray?" broke in the other. Back came the Dane's answer:

"For the Germans he wrote 'The Robber.'"—New York Tribune.

Outranked in the Kitchen.

The son of the well-to-do family had recently joined up as a private, and was spending his leave at home.

Returning from a walk, his mother espied a figure in the kitchen with the housemaid.

"Clarence," she called to her son, "Mary's got some one in the kitchen. She knows perfectly well that I don't allow followers. I wish you'd go and tell the man to leave the house at once.

Clarence duly departed to the kitchen, but returned in about half a minute.

"Sorry, mother, but I can't turn him out."

"Can't turn him out? Why on earth not?"

"He's my sergeant" — Saturday Night.

Minard's Liniment Cures Distemper.

This and That.

New skirts are from eight to 10 inches from the floor.

Gray wool is used to embroider a ruby red gown.

Wool fringes stimulates ostrich on some of the velvet hats.

Tooth brush fringe is mentioned favorably by some of the fashion writers, but little has been shown here, though it is said to be popular in Paris.

Silk shirts are shown in sombre shades for wear with the blouse of self-color.

Some skirts are shown slit.

Tans and browns are popular colors for suits and dresses. Dark green is also a good color, one that is selling probably more than any other except navy.

A New Study.

Miss Alma was rather a talkative young lady, and her bosom friend, having missed her for some time, called to inquire the reason.

"No, mum, Miss Alma is not in," the maid informed her. "She has gone to the class."

"Why, what class?" inquired the caller, in surprise.

"Well, mum, you know Miss Alma is going to get married soon, so she's taking a course of lessons in domestic silence."—Boston Globe.

How Sickly Women May Get Health

If they could only be made to see that half their ills are caused by impure blood, it wouldn't take long to cure them with Dr. Hamilton's Pills. Truly a wonderful medicine that invigorates, strengthens, renews. Every tired, worn-out woman that tries Dr. Hamilton's Pills will improve rapidly, will have better color, increased appetite and better digestion.

No better rebuilding tonic can be found that Dr. Hamilton's Pills, which are safe, mild and health-giving. For forty years Dr. Hamilton's Pills have been America's most valued family medicine, 25c per box at all dealers.

Interested.

He had been fishing patiently for several hours without a bite, when a small urchin strolled up.

"Any luck, mister?" he called out.

"Run away, boy," growled the angler, in gruff tones.

"No offence, sir," said the boy, as he walked away, "only I just wanted to say that my father keeps a fish shop down to the right, sir."—Pittsburg Chronicle-Despatch.

A Tribute.

Britain and French and Belgian,
Stalwart and strong and fine,
Brothers, we would a tribute pay
To you who have held the line!

You fought when the fight was fiercest,
You spilled your blood like wine,
Bleeding and dying and almost done
You fought—but you held the line!

We are coming hundreds of thousands strong,
We will fight till we reach the Rhine,
But, comrades, we know the debt we owe
To you who have held the line!

—New York Herald.

Beauty or Ugliness.

Speaking of the personal appearance of Lincoln and other presidents, a Boston lady who has had the honor of an introduction to President Wilson, explains why she was disappointed in his looks. She says: "He isn't homely enough to be handsome, and he isn't handsome enough to be attractive." A famous Parisienne once said that next to being the most beautiful woman in Paris, she would prefer to be known as the homeliest. She would then achieve distinction in either case.

Koaties for Kiddies.

White cashmeres, crepellas and corduroys for wee folk.

For the older children—velveteens, corduroys, chiffon velvets, broadcloths, cheviots, etc.

Washable coat linings are quite the thing, and they can be bought ready-made.

ISSUE NO. 41. 1918

HELP WANTED—FEMALE

WANTED—A MAID, NO WASHING or Ironing. Two in family. Apply to Mrs. White, 16 St. Matthew's Ave., Hamilton, Ont.

HELP WANTED.

WANTED—PAINTERS AND PAPER hangers. Competent men. J. J. Thompson, 312 9th St. East, Owen Sound. Telephone 8g.

MISCELLANEOUS.

SEND A DOMINION EXPRESS Money Order. They are payable everywhere.

LADIES WANTED—TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

WANTED—BALED HAY. QUOTE price delivered at Bothwell. Reid Bros., Bothwell, Ont.

FOR SALE—WOOD AND SPLITTER and Motor all complete, also Two Dump Wagons. Apply Thos. Myles' Sons, Hamilton, Ont.

FOR SALE—TWENTY-TWO STEERS —Durham grades; dehorned, about one thousand pounds; an extra fine lot to finish for Christmas beef. Apply W. H. Littlefield, Brantford, Ont. Telephone 44.

FARMS FOR SALE.

112 ACRES — MORE OR LESS—LOT 27, Concession 2, Eramosa, near Speedside, for sale; on the premises is a good stone house, up-to- date bank barn; good stables, with water; closed in shed, silo, piggery; hennery, sheep pen, never failing well, windmill, good orchard; farm in good state of cultivation, well fenced, well watered; five miles from Fergus, ten from Guelph; school-house and two churches close by. Apply on premises, Mrs. Lena Leybourne, Rockwood, R. R. No. 3, Ont.

TWO HUNDRED ACRES, CLOSE TO town. Good building—some bush. Easy terms. D. L. Gilmour, Collingwood, Ontario.

PROPERTIES FOR SALE.

BRICK HOUSE—ALL TOWN CONveniences—one and half acres of garden. For full particulars apply Box 943, Barrie.

POULTRY.

FOR SALE—200 TOM BARROWS FAMous Layers; English White Leghorns, Hens, Cockerels, Pullets, $2.00 and $2.50 each (Breeding pen mated); 6 Sillician Butter Cup hens unrelated Cockerel $14.00; 6 English Penciled Indian Runner ducks unrelated Drake $14.00. Square deal guaranteed. For particulars write. John W. Nash, 534 4th Ave. Owen Sound, Ontario.

WOOLLEN MILL HELP WANTED

We have several good openings for experienced and inexperienced male and female help. We require girls for weaving and winding. Every assistance given to learners and good wages paid during apprenticeship. Workers in this line earn very high wages and are always in demand. Only a couple of weeks' time necessary to learn. Several good openings for steady men. Special consideration shown to family of workers. Rents and cost of living reasonable in Brantford. Moving expenses advanced to reliable families and housing accommodation arranged. Full particulars cheerfully furnished upon request. Write us. The SLINGSBY MANUFACTURING CO., Limited, Brantford, Ontario.

Millinery Newness.

For wear with the lingerie frock are adorable floppy hats of flowered mousseline de soie.

Chantilly lace is coming into vogue for the large transparent hat to be worn with the figured chiffons of summer.

The latest news from Paris says that the straw hats there are of felt trimmed with summer flowers. This is a suggestion that has charming possibilities for wear at country clubs. Felt hats are always popular because of their imperviousness to sudden changes of weather; with flowers they should be most satisfying, it would seem, for a summer day.

Long-Distance Talkings.

Eighteen miles is said to be the longest distance on record at which a man's voice has been heard. This occurred in the Grand Canyon of the Colorado, where one man, shouting the name "Bob" at one end was plainly heard at the other end, which is 18 miles away. It is recorded that at Gibraltar the human voice has been heard at a distance of ten miles.

GERMAN STANDARDS.

First German—Heinrich will make a fine soldier.

Second German—Can he lick his weight in wildcats?

First German—No, but he can carry his weight in medals.

HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELINE B. LYNCH, 100 Plain St., Providence, R. I.

Backache and nervousness are symptoms or nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment.

Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.