

# FAINTING AND DIZZY SPELLS

### The Cause of such Symptoms and Remedy Told in This Letter.

Syracuse, N. Y.—"When I commenced the Change of Life I was poorly, had no appetite and had fainting spells. I suffered for two or three years before I began taking Lydia E. Pinkham's Vegetable Compound and the Liver Pills which I saw advertised in the papers and in your little books. I took about twelve bottles of your Vegetable Compound and found it a wonderful remedy. I commenced to pick up at once and my suffering was relieved. I have told others about your medicine and know of some who have taken it. I am glad to help others all I can."—Mrs. R. E. DEMING, 437 W. Lafayette Ave., Syracuse, N. Y.

While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound.

Moreover this reliable remedy contains no narcotics or harmful drugs and owes its efficiency to the medicinal extracts of the native roots and herbs which it contains.

# BIG ULCER ALL HEALED

"Here is another letter that makes me happy," says Peterson, of Buffalo. "One that I would rather have than a thousand dollars."

"Money isn't everything in this world. There is many a big hearted, rich man who would give all he has on earth to be able to produce a remedy with such mighty healing power as Peterson's Ointment, to sell at all druggists for 5 cents a large box."

Dear Sirs:—I was an untold sufferer from old running sore and ulcers. I had tried almost everything without any relief from pain. A friend told me of your wonderful ointment and the first box took away the pain that had not left me before in years, and after using just nine dollars' worth of the ointment I am cured. The ulcer was 9 inches by 6 inches, is all healed and I can walk. Never, never will I be without Peterson's again.

"You may use this to recommend your ointment, if you wish. I cannot say enough to praise it." Yours truly, Mrs. Albert Southcott, Medina, N. Y. Mail orders filed by Peterson Ointment Co., Inc., Buffalo, N. Y.

## Don't Neglect Your Skin

Ladies—A few days' treatment with CARTER'S LITTLE LIVER PILLS will do more to clean up the skin than all the beauty treatments in creation. An imperfect complexion is caused by a sluggish liver. Millions of people, old, young and middle age, take them for Biliousness, Dizziness, Sick Headache, Ulcer Stomach and for Sallow, Pimples and Blochy Skin. They end the misery of Constipation.

Small Pill—Small Dose—Small Price

## Acid Stomach for 10 Years

NOW A DIFFERENT WOMAN

Earnestly Praises Eaton's

"My wife was a great sufferer from acid stomach for 10 years," writes H. D. Crippen, "but is a different woman since taking Eaton's." Sufferers from acid stomach—let Eaton's help you also. It quickly takes up and carries off the excess acidity and gases and makes the stomach cool and comfortable. You digest easily, get the full strength from your food, feel well and strong, free from bloating, belching, food repeating, etc. Big box costs only a trifle with your druggist's guarantee.

# HEADACHE?

Go to your druggist or dealer and ask for a package of

# WHITE CAPS

and get relief, with no bad after effects. You can depend upon White Caps. They contain no narcotic or prohibitive drugs.

Trial Size 10 cts.—Regular Size 25 cts.

OLBERT BROS. & CO., Baltimore, Md.

Stomach Trouble Cannot Be Cured by the use of drugs and chemicals. You must conform to Nature's methods. Natural herbs and roots will cure you where drugs have failed. If suffering from stomach trouble, indigestion, general run-down condition, etc., it will pay you well to investigate. I have cured hundreds, as testimonials show. Don't delay. Your health demands that you act promptly in this matter. For free proof write A. J. Shirah, Pulman Herb Co., Warehouse Point, Conn.

# QUININE HAIR TONIC

A FULL PINT FOR 50 CENTS

Or if you prefer Lian, Rose, Violet, Mimosa lotions for the skin you have your choice for the same. Send 50c and we will send you enough Concentrated Fluid Compound to make a full pint. You simply add water in any directions. The Hair Tonic is wonderfully effective and the lotions are especially fine for the hair after the bath and a marvel for men after the shave. Used by Barbers and Hair Dressers. Or for 10c Compound for Ring Neck Hair Tonic, One Flower and Bay Rum Lotions.

The Via Year Co., 511 N. Calvert St., Baltimore, Md.

POSITIVELY REMOVED BY Dr. Snow's FRECKLES

# CHINA TAKES UP WALNUT GROWING

### Its Cultivation and Sale the Main Support of Hundreds of Villages.

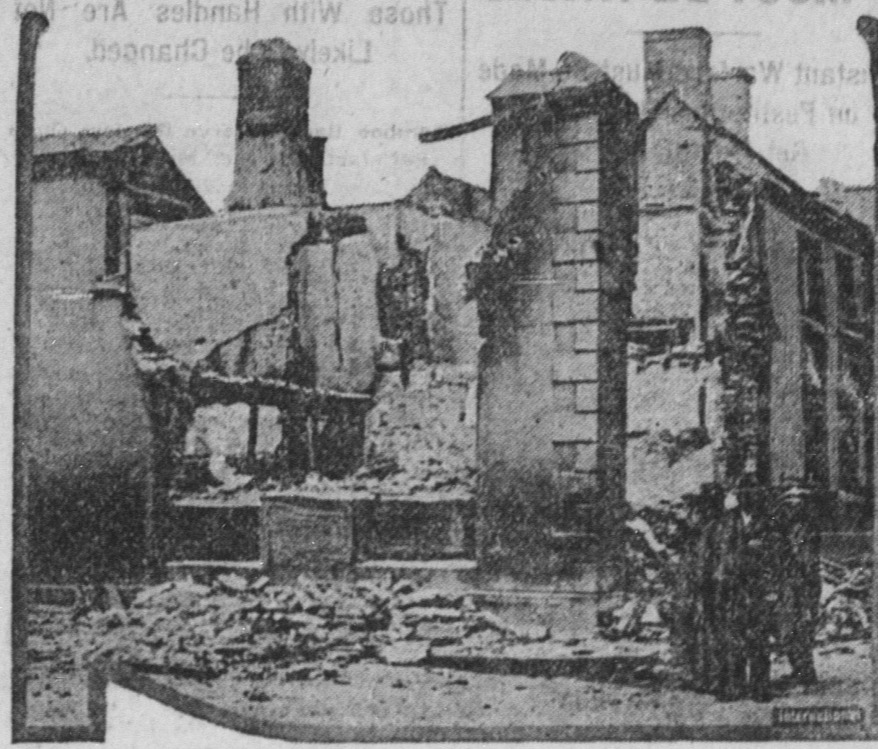
## \$1,887,491 WORTH SENT HERE

George E. Young of Shanghai Says the Chinese Will Soon Be Competitors in Textiles—Take Interest in Their Lands.

New York.—Following the importation of walnuts to China by the early missionaries the Chinese developed this industry so carefully that it has now reached tremendous proportions, according to George E. Young of Shanghai, China, who has been in the Orient ten years. Mr. Young said that the Chinese are growing more and more interested in their lands and considerable development will be seen during the next few years.

"The cultivation and sale of the walnut, which was first brought to China by the American missionaries, now supports hundreds of Chinese villages," said Mr. Young. "The methods of preparing the nuts for market are most primitive, but as labor is cheap they are able to send them to this country and compete favorably with the domestic market. For the American market they use only the highest grade nuts. They select the bright colored and shiny nuts and they are bleached, sorted and packed according to grade. Those of speckled and inferior shells are cracked and the meat is packed for confectionery purposes. This cracking is now done by hand because the only walnut

# After Balbriggan Was Sacked



Scene in Balbriggan, Ireland, after it had been raided and sacked by auxiliary British forces in reprisal for the murder of two police officers there by the Sinn Feiners.

cracking machine is owned and operated with greatest secrecy by walnut growers in this country.

**Chinese Waste Nothing.** The economical bent of the Chinese is given full play in the walnut growing industry. They utilize every particle of the product. When the crop is gathered the husks are beaten off the nuts and are buried in wet earth to rot for fertilizer. The nuts are delivered to the ports through various agencies, the original grower getting an insignificant part of the price realized for them.

"The Manchurian walnut has a harder shell than the product of this coun-

try. The shells of the inferior appearing walnuts, which are cracked before shipment, are used for fuel, and on account of the large proportion of oil they contain they make an excellent fuel. The Manchurian walnut commands a special advantage in the confectionery making trade because of superior flavor and texture of the meat.

"This spring the price quoted to American importers for delivery at San Francisco was as high as 29 to 32 cents, including cost, insurance and freight, with the transpacific shipping rate at \$17.50 per ton. The quotations are now around 25 cents. The whole nuts are shipped in 100-pound bags of burlap which are made in India. The walnut meat is very carefully wrapped in paper and packed in wooden boxes to keep out moisture, which is likely to produce mold. In the United States the walnuts are placed in cold storage, which preserves their freshness, preventing drying, and the crop which we ship the last of June does not get on the market here until some months later."

**Handicapped by Superstition.** Mr. Young pointed out that according to the last issued bulletin of the Department of Commerce for May, 1920, 10,121,881 pounds of walnuts came to the United States from China in the 11 months ended with May, and their value was \$1,887,491. He says that the Chinese are still greatly handicapped by their old superstitions. After the age-old practice of having all streets and passages irregular so that the evil spirits cannot find their way, they are laying out their farms in patchwork order, making the roads rather difficult for anyone not familiar with the locality.

"There is a large and growing market in China for every kind of machinery," said Mr. Young. "This is particularly true of machinery used in the textile industry. The Chinese are going to be competitors of the whole world in textiles. When a Chinaman figures out anything and decides to adopt it in his business he is not content to stop there. He is buying machinery now for every process in which he has learned its advantages.

"The Chinese have no feeling against the Americans, but, of course, their hatred for the Japanese grows worse. Americans in business in China are disappointed with the class of men from this country who have rushed into the oriental field in the belief that great post-war profits lie there. They are the cheapest sort of traders and they are not even intelligent in business."

# MILLION ALIENS COMING IN 1921

### Federal Officials Base Their Estimates on Figures for Fiscal Year Ended Last June.

## INFLUX GREATLY INCREASING

Statistics Disclose a Notable Shifting of the Sources Whence Come the New Arrivals—Mexico and Canada Furnish Labor.

Washington.—An immigration of 1,000,000 or more in 1921 is the estimate of federal officials, based on figures for the fiscal year ended June 30 last, which have just been issued. Although three months behind the tide of aliens, which has been mounting at a prodigious rate since late in the spring, the statistics disclose many significant tendencies. There has been a notable shifting of the sources whence come the new arrivals.

So far as net increase in population and the replenishment of the labor market are concerned, the year ending in June witnessed a greater movement from America to Europe than from Europe to America. Just as careful observers had estimated. The total immigration from all foreign lands was 430,001, and the emigration was 288,315. The bulk of this increase in population, however, came from Mexico and Canada, labor which crossed the border.

**America Lost 10,000.** Aliens coming from Europe numbered 246,295; those going back to Europe 256,433, or a loss of 10,000. Before the war about 85 per cent of our immigration came from Europe, but in 1920 it was only 57 per cent. Since June, however, the rush had carried it back, and officials estimate it is again now riding at the 85 per cent mark.

At present the Mediterranean zone is sending perhaps 75 to 80 per cent of the arrivals at Ellis Island—Italy alone sending about one-half of all newcomers. Russia and the old Austria-Hungary, which before the war were sending annually more than a quarter of a million immigrants each,

are isolated from the migratory movement and the sources have swung back where they were years ago. In 1920 Italy, including Sicily and Sardinia, sent over 95,145, the largest contributor—80,000 went back. England comes next, sending 27,871, or about 50 per cent of its prewar average.

**Record British Arrivals.** One table by races places the English immigration in 1920 at 58,936, which is the largest recorded in the last 22 years, or since figures for races were kept, but of this 30,000 came from Canada.

Another surprising feature is that Spain ranked third, sending 18,821, which was three times as many as it was sending before the war. Portugal came next with 15,472, which was more than it sent in 1913 and 50 per cent more than in 1912. France in 1920, too, sent 8,945, which was about equal to prewar days, for in 1913 it sent 9,675.

## SERUM MAY REPLACE KNIFE

French Surgeon Reports Satisfactory Results From Experiments With Anti-gangrenous Serum.

Paris.—Treatment of appendicitis by anti-gangrenous serum instead of operation, has been tested with such satisfactory results that it is likely operations soon will be abandoned for the disease. Prof. Pierre Delbet said in a paper read before the congress of surgery. According to Prof. Delbet the tests have extended over a period of thirteen years.

**Where Was Uncle, Waiting for Train?** Muncie, Ind.—When Victor Templeton received word that his uncle, Cloyd Ulrich, had been found dead at Sweet Grass, Mont., he went west for the body. The uncle, very much alive, met him at the station. A mistake had been made in the identification of a dead man.

**Another Ohio Champion.** Duncanwood, O.—This town offers another Ohio champion. It claims the "hot dog" honor for Jack Edgar. His best effort is 24 at one meal.

## Sings While They Dine; His Wife Wants Divorce.

San Francisco.—Mrs. Mary Bedg has petitioned the superior court to grant her a divorce from Moses Bedg. She charges him with singing when they dined in restaurants and with smacking his lips when they dined at home. The couple were married last May.

# Camp of the Retreating Russian Soviet Troops



View of a camp of the Russian Red army where the troops were able to get a little rest during their retreat before the Poles.

# The Kitchen Cabinet

(62, 1920 Western Newspaper Union.)

The world is old and the world is wide. And who shall be wise to say if the webs which are woven on every side.

Are threaded with gold and gray? Who shall be wise to judge and say That life has been lived in vain? We only see sin's cloak of gray, Not the heart and its hidden pain. —Christine Kerr Davis.

## GOOD THINGS FOR OCCASIONS.

For a change from the usual method of cooking chicken try:



**Creole Chicken en Casserole.**—Roll the pieces of chicken in seasoned flour and brown in a little hot fat. Do not have the fat too hot nor cook the chicken too brown. Transfer the chicken when cooked to a casserole, add a sliced onion and a shredded pepper, with a pint of tomato puree (sifted tomato); add one cupful of boiling water and let stand on the top of the stove until the liquid boils, then cover and set into the oven to cook. Let cook very slowly, the time for cooking depending upon the age of the chicken. When ready to serve, melt one-quarter of a cupful of butter, add the same amount of flour, one-half teaspoonful each of salt and pepper and the liquid drained from the chicken; stir until well cooked, then return to the casserole. Serve from the casserole.

**Cherry Duff (University of Wisconsin).**—Two tablespoonfuls of sugar, one-quarter cupful of butter, one-half cupful of sweet milk, one egg, one-half cupful of flour, one and one-half teaspoonfuls of baking powder, one teaspoonful of salt and one cupful of canned sweet cherries. Bake in well greased gem pans and serve with juice, thickened with a teaspoonful of cornstarch, one-third of a cupful of sugar, a pinch of salt and a teaspoonful of butter added just before serving, with a few drops of almond flavoring, or, if preferred, vanilla.

**Mock Crab Toast.**—Melt two tablespoonfuls of butter in a double boiler; add half a pound of cheese and a tablespoonful of anchovy paste, half a teaspoonful of mustard, the same of salt; stir constantly until the cheese is melted, then add the beaten yolks of two eggs diluted with half a cupful of cream; continue stirring until the mixture becomes smooth and thick. Serve on toast or toasted crackers.

A good dinner easily acquires a reputation for wisdom. We all have two ears but one tongue.

**SEASONABLE GOOD THINGS.**

Where peaches are plentiful a most delicious dessert may be made as follows: Fill a deep pie plate with sliced peaches, or canned will do as well; cover with a biscuit batter, adding enough flour to make a drop batter. Put into the oven to bake. Invert when done. Add sugar if needed, cinnamon, butter and a dash of salt. If nutmeg is preferred, use that in place of the cinnamon.

**Peach Pie.**—Spread a round of pastry over an inverted pie plate, prick with a fork and bake until brown. Set aside in the plate. Press cooked peaches through a colander, heat in a double boiler; beat the yolks of two eggs, add the sugar needed and stir into the hot fruit. When thickened add one tablespoonful of butter, a little salt and a grating of nutmeg. Fill into the pastry shell. Beat the whites of two eggs until stiff, add two tablespoonfuls of sugar and spread the meringue over the filling. Cook in a moderate oven ten minutes; the last two minutes the meringue should brown.

**Pears Cardinal.**—Cook canned pears in a sirup of sugar and water flavored with vanilla until scalded. Cool and set on oblongs of sponge cake. To the pear sirup add a handful of cinnamon sprinkles. Pour this over the pears and sprinkle with shredded almonds.

**Baked Potatoes a la Yellowstone.**—Select smooth, large potatoes and bake until done; make two cuts across the potato at right angles; in a towel crush the potato to loosen the pulp and release the steam. Serve with a generous portion of butter in each, sprinkled with paprika.

**Chestnut Croquettes.**—Shell, blanch and cook in a good broth a pint of chestnuts. When tender, cool and cut in slices. Melt one-fourth of a cupful of butter, add the same amount of flour, salt and a dash of pepper; cook until smooth, add one cupful of rich, well-seasoned broth and half a cupful of cream, when boiling, and one and one-half cupfuls of the chestnuts. Mix and cool. Shape and fry as usual.

**Pumpkin Pie.**—Mix one and one-half cupfuls of strained pumpkin, add one egg, beaten light, three-fourths cupful of maple sugar, one tablespoonful of melted butter, one teaspoonful of cinnamon, half a teaspoonful of ginger and one and one-half cupfuls of rich milk. Fill a pastry-lined plate and bake forty minutes. Maple may be used to give the maple flavor if the sugar is not at hand.

**Let Cuticura Be Your Beauty Doctor**

Soap 25c, Ointment 25c and 50c, Talcum 25c.

Investment and Business Opportunities.—Free. Upon receipt of your name and address I will furnish you full information and map covering operation of Company that looks like a sure shot to pay 10% the first year and double from then on. This investment will particularly appeal to those of moderate means. Quick action necessary. Add Northrup, 1214 1/2 Main St., Dallas, Tex.

**RARE OLD RECIPES** for the treatment of every disease, and how to make medicines from herbs, roots, seeds, flowers and bark. Worth Dollars. Price 25c (coin). WOLFE 224 West 40th Street, New York, N. Y.

**Baby Coughs** require treatment with a remedy that contains no opiates. Piso's is mild but effective; pleasant to take. Ask your druggist for

# PISO'S

W. N. U., BALTIMORE, NO. 46-1920



## When a Woman is Nervous—Worried

Most women neglect their health, and for this they pay the penalty. Any woman will find that neglect does not pay. A little more attention to health would brighten up her life. If she asks her neighbors she finds that Dr. Pierce's Favorite Prescription benefits a woman's whole system. It not only acts upon the troubles and weaknesses peculiar to women, but is an all-round tonic that braces the entire body, overcoming nervousness, sleeplessness, headaches, dizziness and a run-down condition.

All druggists. Liquid or tablets. FREDERICKSBURG, VA.—"After I had gone through a very serious operation I could not regain my health and strength. I suffered with pains and aches all over. I was also very nervous. My mother advised me taking Dr. Pierce's medicine. I took 'Favorite Prescription' and Golden Medical Discovery alter-



nately and they soon built me up and seemed to give me new life. I heartily recommend these medicines to woman who suffer with any sort of weakness."—Mrs. W. S. Cox, 307 Charles Street.

# WATCH THE BIG 4

Stomach-Kidneys-Heart-Liver. Keep the vital organs healthy by regularly taking the world's standard remedy for kidney, liver, bladder and uric acid troubles—

## GOLD MEDAL HARLEM OIL CAPSULES

The National Remedy of Holland for centuries and endorsed by Queen Wilhelmina. At all druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

To abort a cold and prevent complications take

# Calotabs

The purified and refined calomet tablets that are nausealess, safe and sure. Medicinal virtues retained and improved. Sold only in sealed packages. Price 35c.

## FOR WOMEN

Constipation is women's worst enemy. DR. TUTT'S LIVER PILLS regulate and cleanse. The great remedy for women's special ills.

# Dr. Tutt's Liver Pills

**ELIXIR BABEK A GOOD TONIC** And Drives Malaria Out of the System. "Four Babek" acts like magic; I have given it to numerous people in my parish who were suffering with chills, malaria and fever. I recommend it to those who are suffering and in need of a good tonic."—Rev. S. Skymonowski, St. Stephen's church, Perth Amboy, N. J. Elixir Babek, all druggists or by Parcel Post, prepaid, from Kloczewski & Co., Washington, D. C.

# Let Cuticura Be Your Beauty Doctor

Soap 25c, Ointment 25c and 50c, Talcum 25c.

Investment and Business Opportunities.—Free. Upon receipt of your name and address I will furnish you full information and map covering operation of Company that looks like a sure shot to pay 10% the first year and double from then on. This investment will particularly appeal to those of moderate means. Quick action necessary. Add Northrup, 1214 1/2 Main St., Dallas, Tex.

**RARE OLD RECIPES** for the treatment of every disease, and how to make medicines from herbs, roots, seeds, flowers and bark. Worth Dollars. Price 25c (coin). WOLFE 224 West 40th Street, New York, N. Y.

**Baby Coughs** require treatment with a remedy that contains no opiates. Piso's is mild but effective; pleasant to take. Ask your druggist for

# PISO'S

W. N. U., BALTIMORE, NO. 46-1920