FOR NINETEEN YEARS SHE HAD NO PEP AT ALL

Suffered With Catarrh of Head, Nose and Throat All These Years.

CONSTIPATION ALSO BOTHERED THIS LADY

"I suffered from catarrh of head, nose and throat, stomach trouble and constipation and I had no pep at all. I had been in this condition for nineteen years and had tried everything and nothing did me any good," declared Belle Brown, 410 N. 5th St., Philadelphia, Pa. Continuing her statement, she said:

"I bought Earle's Hypo-Cod because I had heard so many of my friends speak of it, saying what it did for them, and my relief through the use of this tonic was as follows: The stomach distress has gone; am not troubled with catarrh in my head or nose; constipation doesn't worry me, and that cundown, tired feeling has left me. I feel better than I have for years. I feel that life is worth fighting for, and I now recommend Hypo-Cod because it has done more for me than all the other medicines that I have taken for 19 years, and I do believe it will cure me if I continue taking it. All this trouble was chronic. I feel like a new woman and have lots of pep and my condition is great. It is the best remedy that I ever used and I am telling all my friends the same as I am telling you," continued this lady, whose name and address is given above.

If you know of anyone troubled with a chronic cough and that are in a rundown condition, get them to give the most powerful reconstructive tonic of its kind made, a trial. Scores of chronic have found real relief, according to their statements. You will be surprised at its pleasant taste and how picely it will agree with a weakened stomach. (Read formula on a bottle at your druggist.)

Earle's Hypo-Cod is sold by all good druggists.-Adv.

France produces more than 250 varieties of cheese.

rect both liver and kidney disorders .- Adv. Your setbacks should set your teeth.

WOMEN DREAD

Mrs. Wilson's Letter Should Be Read by All Women

Clearfield, Pa.—"After my last child was born last September I was unable to do all of my own work. I had severe



pains in my left side every month and had fever and sick dizzy spells and such pains during my periods, which lasted two weeks. I heard of Lydia E. Pinkham's Vegetable Com-pound doing others

it a trial. I have been very glad that I did, for now I feel much stronger and do all of my work. I tell my friends when

all of my work. I tell my friends when they ask me what helped me, and they think it must be a grand medicine. And it is. You can use this letter for a testimonial if you wish."—Mrs. HARRY A. WILSON, R. F. D. 5, Clearfield, Pa. The experience and testimony of such women as Mrs. Wilson prove beyond a doubt that Lydia E. Pinkham's Vegetable Compound will correct such troubles by removing the cause and restoring the system to a healthy normal coning the system to a healthy normal condition. When such symptoms develop as backaches, bearing-down pains, displacements, nervousness and "the blues" a woman cannot act too promptly in trying Lydia E. Pinkham's Vegetable nd if she values her future comfort and happiness.

> To abort a cold and prevent complications take



The purified and refined calomel tablets that are nausealess, safe and sure.

Medicinal virtues retained and improved. Sold only in sealed packages.

U. S. Maintains Air Leadership

Good Performances Offset Decreased Production and Contraction of Industry.

LONG FLIGHTS SUCCESSFUL

Clear Federal Policy to Aid Progress of Commercial Flying Is Still Lacking-Year's Feats Are Recorded.

New York .- America has successciation. The review says:

industry generally is offset by the planes are in the air each day flying minor part in the affair. more encouraging records of performance made in American aviation this year. While the last twelve months have not brought the carefully outlined policy of federal jurisdiction required to assure steady and economical progress in commercial aviation, they have witnessed many remarkable achievements by American pilots in American machines."

Year's Performances. Then follows a long, detailed list Reveal That Wild Flora Do Not have now been compiled. of performances, among them the fol-

"Commander A. C. Read, hero of the transatlantic flight in the NC-4, commanded the same flying boat on a noteworthy expedition from Rockaway, L. I., down the Atlantic coast, along the gulf coast and up the Misthis new and modern tonic that drug- sissippi river to Cairo, Ill. When the gists, chemists and experts assert is NC-4 returned to Rockaway January 27 last it had flown 7,740 nautical miles. Three of the four Packard people that thought their condition Liberty engines had operated without trouble during the 118 hours in the air, the fourth more than eighty-two proper maps.

Garfield Tea, taken regularly, will cor- larly successful. No less than four show that the wild plant is not alexpeditions attempted to fly the 5,206 ways found in the environment most the common witchhazel, which is lles from Cairo to Capetown, South suited to it. Africa. Colonel P. Van Ryndveld and Major C. J. O. Brand finally completed their flight on March 20, 1920, found to be absolutely false," in a DH-9 plane sent up by the government of the Union of South Africa after their Vickers-Vimy machine had different altitudes, 8,000 feet, 5,200 notably different from those previousthat started reached Capetown,

"Different success attended the Alaskan flying expedition of the United States Army Air service. Four Gallaudet remodelled DH-4-B planes, each powered with a single Liberty motor, and each carrying two persons flew from Mitchel Field, L. I., to Nome, Alaska, and return in 112 hours flying time, a total distance of 9,000 miles, without a motor missing fire or other accident serious enough to delay the party. Rain and fog caused Polish Soldiers Found Guilty of Steal most of the difficulty in flying over country not even charted on the maps.

Operation of Air Mail Service. "The Air Mail in 1920 operating befully maintained her leadership in the tween New York and Washington, navigation of the air, so far as heavier New York, Cleveland, Chicago, Omaha, than air craft are concerned, despite Salt Lake City and San Francisco, the lack of aerial laws, landing fields transported approximately one hunand other such handicaps, according dred million letters at ordinary pos-

a total, in round trips, of about 8,000 miles.

"During the year the navy has been making an aerial survey of the Panama Canal zone.

"The geological survey has cooperated with the marine corps in mapping the coastline of Hayti. American seaplanes, Curtiss, Aeromarine and Boeing types, have operated on passenger routes in China.

"Major R. W. Schroeder, flying an American designed and built Packard-Lepero biplane, went up from McCook Field, Dayton, Ohio, on February 26, and reached the world's record altitude of 33,000 feet."

EXECUTE 4 FOR FLOUR THEFTS

ing Nine Sacks From Army Are Shot.

Cracow, Poland, - Four soldiers found guilty of having stolen nine sacks of American flour fron. army

supplies were shot recently. The executions were carried out under a law passed by the diet last year, to a review of the year 1920, issued tage rates. The system was extended making it a capital offense to steal by the Manufacturers' Aircraft asso- in 1920 from Chicago to San Francis- from the army. A fifth soldier, also co, from Key West, Fla. to Havana, court-martialed, in connection with the "Decreased production and a gen- Cuba, and from Seattle, Wash., to Vic- flour theft, was sentenced to prison, eral contraction in the aeronautical toria, B. C. About thirty-five air mail as it was shown that he had taken a

14-Year Tests of Plant Life

Always Grow in Most Congenial Habitat.

ENVIRONMENT

Flowers Taken From Mountain Tops Grow Much More Luxuriantly and Produce More Leaves, Flowers and Fruit at Sea Level.

Chicago.-At a lecture given before hours. Along the Mississippi the an assemblage of geographers and were used in these experiments, emmotors were run on commercial gaso- biologists representing several socie- bracing forms of such wide divergence line picked up from point to point en ties, Dr. D. T. MacDougal, director of route. Read reported that the great- the Botanical research department of nut trees, as well as cacti and other est difficulty encountered was lack of the Carnegie institution at Washing- unusual plants. ton, described the results of a series "Compared to long-flight attempts of experiments extending over fourconducted by European governments teen years and embracing 139 species gal, "it will sometimes display a bethe American ventures were particu- of plants, the experiments tending to havior quite at variance with that by

"A great many people think this,"

Grow More Luxuriantly. With stations established at four crashed. They had set but from Cairo feet, 2,300 feet and at sea level, plants February 10. None of the machines have been transferred from one place to another, and the results of the cul-

tural experiments of fourteen years

In these experiments plants from the mountain tops, some from a height of close to one and one-half miles above sea level, were found to grow much more luxuriantly, producing more leaves, flowers and fruits at sea level than they had in their native habitat. These plants were not cultivated, protected or fostered in any way in their new situations. Once placed, they were to all intents and purposes wild flowers and had to fight their own battles and take chances as before.

One hundred and thirty-nine plants as grasses, wild lilles and oak and wal-

"While a plant may thrive well in its new situation," said Dr. MacDouknown to bloom in the vicinity of New York when the frosts come, when taksaid Dr. MacDougal, "but it has been en to the equitable climate of the Pacific coast reverts to the normal or summer-blooming habit. Other species show flower forms, fruits and leaves ly displayed by them.

"Aquatic plants of the cress family were made to grow in soft on the mountain tops, where the roots formed small radishes, like their relatives. The radish is a cress. In other words, these plants came back to the ancestral habit of forming a radish.

Interest to Biologists. "The manner in which plants travel about the world or are distributed is a problem of great interest to biologists, and in this experimental work particular attention was given to obtaining evidence on some of the problems of dissemination or movement of plants across the face of the country."

It was found that rabbits and rodents which inhabit the oak zone at the top of the mountain "ange acted very effectively as a barrier to prevent cacti and other plants from moving up or down the mountain slopes. To verify this a barrage zone was established and the plants protected in screened enclosures which kept off the little nibbling animals. The plants thrived and prospered and spread within the enclosed section. Out in the open, to either side of the barrage zone, they rapidly disappeared being eaten by the rabbits. This explained the mysterious sudden stop page of some of these plants-not altitude nor heat nor cold, but actual destruction through being eaten. The

animals were like a fence. The coastal laboratory at Carmelby-the-Sea and the desert laboratory at Tucson, Ariz., are two of the exair. Of unusual design and architecture, the pile is one of the sights of Ostia, perimental stations which were used in this work.

Hall's Catarrh Medicine

Those who are in a "run down" condition will notice that Catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions, HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier, and acts through the blood upon the mucous surfaces of the body, thus reducing the inflammation and restoring normal conditions.

All druggists. Circulars free.

F. J. Cheney & Co., Toledo, Ohio.

Those who possess the highway to the East have the treasures of the

To Have a Clear Sweet Skin Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.-Adv.

Weigh some neavy people and they will be found wanting in everything but weight.

A torpid liver condition prevents proper food assimilation. Tone up your liver with Wright's Indian Vegetable Pills. They act gently and surely.—Adv.

Character is a diamond that scratches every other stone.-Bartol.



The use of fruit in the diet is beneficial. Fruits introduce into the system salts and acids which improve the quality of the blood. They serve as laxatives and anti-scorbutics. They are refreshing, stimulate appetite and add a pleasing variety to the diet. Gelatine makes good things go twice as far, preserving all the aroma, taste and lusciousness. "PURITY"...

The Menace. "Oh, yes," she admitted, "I keep a

diary.' And he never called again,

costs only a trifle with your druggist's guarantee. Young Men Desiring Employment in Chicage communicate with Great Lakes Letter Svce. \$29 Plymouth, Chicago. Not employm't ages

I am well."

Would Be Plenty.

A NERVOUS WOMAN

Huntersville, W. Va.—"After I got over the influenza last spring I was all run down and suffered from func-

tional disturbances. I suffered with

bearing pains and was so nervous I

felt as if I would go to pieces. My

breath was so short that I could not walk up hill at all or hardly walk up-

stairs. Having used Dr. Pierce's Fa

vorite Prescription with good results

when I came into womanhood, I de-

cided to try it again. I have to ken three bottles and am feeling in a"— MRS. NELLIE J. BUSCH.

on Strike

Eatonic Settled It!

"Eatonic is wonderful," says C. W.

Eatonic gets right after the cause of

stomach troubles by taking up and

carrying out the acidity and gases and

of course, when the cause is removed,

the sufferer gets well. If you have

sourness, belching, indigestion, food

repeating or any other stomach trouble, take Eatonic tablets after

each meal and find relief. Big box

Burton. "I had been a sufferer from

stomach trouble for 20 years and now

20 Years

Stomach

Spanish toreadors are on strike for a higher wage. There is talk, we understand, of a six-bull week.

Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians for 21 years, and proved safe by millions.—Say "Bayer"!



SAFETY FIRST! Accept only an "unbroken package" of genuine "Bayer Tablets of Aspirin," which contains proper directions for Headache, Earache, Toothache, Neuralgia, Colds, Rheumatism, Neuritis, Lumbago, and pain generally. Strictly American!

Handy tin boxes of 12 tablets cost but a few cents-Larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid

MAN OF OPTIMISTIC STRAIN | WAS VICE PRESIDENT AT 36

Millionaire Bought "Laundry" Instead John Cabell Breckenridge of Kentucks of "Launch," but He Refuses to Be Discouraged.

Millionaires are supposed to lean tothere is one who is evidently a genu-

ne optimist. He met a friend, and said: "Come and see my new steam laundry." The friend was somewhat sur-

"I didn't know you went in for that

sort of thing." he said ... "I don't, as a rule," replied the milmistake. It was the auctioneer's fault. thought he said steam launch! So

That millionaire is going to make that laundry pay!

The Life of a Song. Two Loving Hearts in a Little Bungalow' is a song that will live forever." | ton, Ky., May 17, 1875. "What does he mean by that?"

"About six months."-Birmingham Age-Herald.

The Writer and the Reader. Care should be taken, not that the the fun of it. reader may understand if he will, but that he must understand, whether he will or not .- Quintilian.

the Youngest Man Ever to Hold the High Office.

Franklin D. Roosevelt, Democratic ward a philosophic pessimism, but candidate for vice president, was asked whether, if elected at thirtyeight, he would be the youngest vict president of the United States. He did not know, but hoped some of his friends would look the matter up.

John Cabell Breckenridge was elected vice president on the Demo cratic ticket with James Buchanan is 1856. He assumed office March 4 lionaire. "I bought this one quite by 1857, when he was thirty-six years one month and fourteen days old hadn't time to get a catalogue, and When Breckenridge completed his term he was candidate for President I nodded, and they landed me with as representative of the slave-holding interests, but was defeated by Lincoln. The same year he was elected to the United States senate, but soot afterward joined the Confederate army. From January to April, 1865. "This music dealer advertises that he was secretary of war in the cabi net of Jeff Davis. He died in Lexing

A Surprise.

A boy, after growing up, is always greatly surprised to find that the mem bers of a brass band don't play for

Cypress and wainut, when used in contact, cause each other to rot.

MERRY SEX WAR ON

A castle built in the middle ages at Ostia, near Rome, as seen from the

Old Castle of Ostia From the Air

Bureau of Engraving and Printing in Throes of Controversy.

the Brighton of the ancient Romans.

Plate Printers' Union Charges That There Are Too Many "Trifling Girls" in the Bureau.

in progress in Uncle Sam's money fac- facts.

and the amount of production of to the assistants. tt was intimated that the plate print- It is predicted that the charges of been placed by one side on the other.

ters objected to "flappers" being employed in the bureau. The plate printers let themselves in

for trouble. Federal Employees' Union No. 105, embracing the women employees of the bureau, at an indignation meeting. condemned the attitude of the plate printers, denied their charges and deplored their giving publicity to what Washington,-A merry sex war is they alleged to be a misstatement of

Miss Gertrude McNally, secretary The war started when the Plate of the union, declared that the records Printers' union in the bureau of en- of the examining division showed graving and printing made formal that the greatest percentage of spoilcharges that there were too many age of printers' work is for "sly-"triffing girls" in the bureau and that wipes," "lifts" and "breaks," which they were retarding the efficiency spoilage could in no way be attributed

Three Meals Means Wife Does 2-Mile Walk Daily

.....

Montgomery, Ala.-Preparation of meals for an average family means a two-mile daily kitchen marathon for the housewife, according to statistics compiled for the conference of vocational workers of the south, in session here. A pedometer attached to students in the kitchen of the model home at Livingston school showed this measurement for the stove-sink-andpantry route covered during the period from bacon and eggs to dinner and dessert.

paper money. In their charges the "Plate printers are paid by the the Plate Printers' union will result plate printers intimated that too much piece rate and in many instances the in considerable friction in the future time was spent by girls employed in presses are speeded up for production between the printers and their assistthe bureau in administering "little at the expense of the quality of the ants, since if inefficiency does exist dabs of paint and powder." In fact work," Miss McNally stated. the responsibility for the same has

THE STURDY FOOD VALUES

of wheat and malted barley are combined in

Grape Nuts

as in no other prepared cereal food

Its rich, nut-like flavor attracts and its nourishing qualities are staunch. Unlike most pre-pared cereals, Grape-Nuts needs no added sweetening

SOLD BY GROCERS EVERYWHERE