

NERVOUS WOMAN COMPLETE WRECK


Tells How She Was Made Well by Lydia E. Pinkham's Vegetable Compound

Indianapolis, Indiana.—"Now I want to tell you just what induced me to take your medicine. It seemed that I had some kind of weakness so that I could not carry a child its full time. The last time I was troubled this way I had a nervous breakdown and was a complete wreck. The doctor thought I would not live, and if I did that I would never be well and strong again. But I told them I was going to get well, that I was not going to die just then. My husband got me Lydia E. Pinkham's Vegetable Compound and I took six bottles of it. I soon got strong again and had three more children. I have recommended the Vegetable Compound ever since, and if you could see me now you would think I had always been well."—Mrs. MARY F. HERRICK, 234 Detroit St., Indianapolis, Ind.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers and should be taken during the entire period. It has a general effect to strengthen and tone up the entire reproductive system, so that it may work in every respect effectually as nature intends.

Grippe

Physicians advise keeping the bowels open as a safeguard against Grippe or Influenza. When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus secures regular bowel movements by Nature's own method—lubrication. Nujol is a lubricant—not a medicine or laxative—so it cannot gripe. Try it today.



Nujol
A LUBRICANT—NOT A LAXATIVE

TOO LATE

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1896. Guaranteed. Three sizes, all druggists. Look for the name Gold Medal on every box and accept no imitation.

GREEN MOUNTAIN ASTHMA COMPOUND

quickly relieves the distressing paroxysms. Used for 50 years and results of long experience in treatment of throat and lung diseases by Dr. J. H. Guild, F.R.C.P. (LOND.) BOX, Treatise on Asthma, its causes, treatment, etc., sent upon request. 25c. and \$1.00 at druggists. J. H. GUILD CO., RUPERT, VT.

COUGH

Try PISO'S Asthmatically quick relief. A syrup—different from all others—pleasant—no upset stomach—no opiate. 35c. and 60c. everywhere.

Tutt's Pills

SWIFT RELIEF FOR CONSTIPATION

Air's Coolest Time. At a height of one and a half miles in the air, the coolest time of the 24 hours is during the day instead of at night, as might be expected.

Freshen a Heavy Skin With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Advertisement.

His Fix. "Try to be content with your lot." "But I have no lot. If I had I would put a house on it."

Refreshes Weary Eyes

When Your Eyes feel Dull and Heavy, use Murine. It instantly Refreshes and Relieves. —Makes them Clear, Bright and Sparkling. Harmless. Sold and Recommended by All Druggists.



MURINE
for your EYES

FORMER CHAMPION IN "COME-BACK"



Abel R. Kiviat, former metropolitan, Canadian, and American mile champion, after an absence of seven years from the game, will attempt a comeback in the near future. He was suspended in 1915 by the A. A. U. for requesting what was considered exorbitant expenses to compete in a meet held in New York state. His case was reviewed recently and he has been reinstated.

Discovery of Rusie

Captain Tarleton, U. S. A., retired, tells of the discovery of a pitcher back in the dark days of the eighties, when an Indianapolis athletic club, sponsored an independent baseball team. This team was playing a club from Frankfort but was without pitchers, except the one who had worked the day before and complained of a sore arm. One of the players said that the centerfielder could pitch—that he saw him twirling a game, on the lots a few days before. The centerfielder said he pitched that game but that he knew nothing of pitching. However, upon insistence, he entered the box. He shut out the Frankfort team that day with three hits and discovered he could pitch. The player was Amos Rusie.

Yankees Sign Suggs



John Suggs, southpaw pitcher last year with the Atlanta club of the Southern league, has been secured by the American League Champion Yankees. Suggs is a young collegian, and is counted upon to fill the place on the Yankee staff made vacant by the trading of Lefty O'Doul to the Red Sox.

JOKE WAS ON JOHN CLARKSON

Obeyed Invitation of Cap Anson to Get Billiard Cues While Riding on Steamer. Old-time ball players took more strongly to billiards than those of today, and many really excellent performers were produced, among them being Cap Anson and John Clarkson, superb pitcher.

"Clarkson always was ready for a game on the green cloth," said Anson one day. "I recall when we were leaving Boston on a boat by the Fall River line one night. John and I were sitting on the upper deck, and I suggested a little game of billiards. There was a bit of rivalry between us, and John was prompt in accepting the challenge.

"If you don't mind I wish you'd go up to my cabin and bring down those two cues which are lying on the bed," I told him. John went inside, and appeared promptly, lugging the two cases. "Then the whole gang gave him the laugh. 'Whoever heard of playing billiards on a river boat?' they asked him. John was a wee bit peeved."

Sporting Squibs of All Kinds

Yale students may establish a golf club exclusively for their own use. W. W. Roper has signed a two-year contract to coach the Princess football team. The New York Civic league is making a drive to abolish Sunday baseball.

J. A. Spear of Amherst, Mass., has been elected captain of the Amherst swimming team. Jack Ryder, track coach at Boston college, has signed a five-year contract to continue his work.

Perhaps the trouble with college sport lies in its tendency to become big business and neurasthenia and thus cease to be sport.

This season's intercollegiate rowing year embraces April 21 to June 28, when 12 'varsity eight-oared shell events will be decided over famed courses.

Young players who will keep fighting at all times will represent the Boston club of the American league this year, according to Manager Frank L. Chance.

With the erection of the proposed \$100,000 swimming pool Harvard will soon be a factor in aquatics. The structure, it is hoped, will be ready for use next season.

Floyd Herman, the firstsacker to have a trial with the Boston Red Sox this spring, hit for .416 in the Western league last season. He was in 92 games for Omaha.

Scout Mike Donlin of the Red Sox believes he has landed a wonder in Dave Black, the Chicago semi-pro pitcher, who stands six feet three inches in height.

Jean Dubuc was a hardhitting pitcher in the majors and he is a hard-hitting outfielder in the minors. He crashed International league pitching last year for 351 in 124 games with Syracuse.

In one of Philadelphia's newest garages, sporting features are included. On the roof will be tennis and handball courts and a running track for the use of patrons. There will be hot and cold shower baths and locker, lounging and retiring rooms.

Statz Plays Golf



Arnold Statz, speedy Chicago Cub outfielder, has been surprising followers of the royal and ancient game by his splendid long drives and has made good in some of the Pacific coast tournaments, where he has been playing under the 80 mark.

Think They Can Act

It is recorded that John L. Sullivan was proud of his acting. Bob Fitzsimmons always thought he possessed great histrionic ability. Jim Corbett, who first went on the stage when he was heavyweight champion, has been an actor ever since. Even Professor Muldoon, now boxing commissioner of New York, played the part of the wrestler in "As You Like It."

BRANCH RICKEY WON OVER DODGER PILOT

Got Decidedly Best of Trade for Pitcher Pfeffer.

Lefthander Had One of Best Seasons of His Long Career With Cardinals in 1922—Made Mistake With Lee Meadows.

A major league swap can be classed as a blindfolded lottery without libeling anybody. It is legal in baseball business, but as to the winner and the loser—well, it is a snatch grab exchange, with the ultimate result, success or failure, not known until months later.

Branch Rickey, manager of the St. Louis Cardinals, is laughing and sniffling at Charles E. Ebbets and Wilber Robinson of the Brooklyn Superbas. And why not?

Didn't Rickey exchange Ferdinand Schupp and Harold Janvrin for Ed Pfeffer during the summer of 1917? Of course he did!

And didn't Pfeffer have one of the most prosperous seasons of his long career with the Cardinals during 1922?

And at the same time, move your finger around the list of National league players and try to locate Schupp and Janvrin. It can't be done.

Schupp now is located with Kansas City in the American association, while Janvrin recently was released to league.

Pfeffer was the winning pitcher on the Cardinals staff in 1922, winning 19 and losing 12 games, while with an earned-run average of 3.58 he surpassed such artists as Alexander, Meadows, McQuillan and Grimes.

Of course, there are other trades that are not on the right side of Branch Rickey's ledger. There was one of several years ago with the Phillies, when the Cardinals parted with Lee Meadows, Gene Paulette and a wad of coin for Elmer Jacobs, Frank Woodward and Douglas Baird.

Rickey drew dead timber from the Phillies, while Meadows today is rated in the \$50,000 class.

URGE VARSITY GOLF COURSE

Suggestion Is Made by Director Geer of Harvard in His Annual Report to Faculty.

A university golf course is suggested in the annual report of W. H. Geer, director of physical education at Harvard. "A university golf association," the report says, "was recently organized to stimulate further interest in golf and to raise money for the supervision and construction of a university golf links. Such facilities made available to students, members of the faculties and officials of the university would make an important addition to the outdoor exercise equipment."

GREAT HITTERS WERE GIANTS

Anson, Brouters and Connor Were All Over Six Feet—Stuffy McInnis Is Short.

Many of the great ball players of the game years ago, especially the great hitters, were giants in size, like Anson, Brouters and Connor. First basemen, for instance, were supposed to be six feet or over. And then came such freak firstsackers as Fred Tenney, small in stature, and Stuffy McInnis, not at all tall, and put a new finish on the play.

IT MAKES KIDS FAT AS BUTTER

Builds, Tones and Strengthens Them—Stops Coughing and Enriches Blood.

BALTIMORE LADY SAYS ITS FINE FOR KIDDIES

"There certainly is one tonic that will make children strong, well, and fat as butter," declared Mrs. Anna Hart, 1915 Harford Ave., Baltimore, Md. "The way I discovered it was when my children had the whooping cough. They were coughing so hard they would get black in the face. They were so weak and sticky I didn't know what to do, so I bought of others I bought a couple bottles of Hypo-Cod at the drug store, and it is wonderful. I never dreamed a medicine would help children quite so much. That Hypo-Cod strengthened them so nice their system threw off the whooping cough. By the time I had given them three bottles their cough was gone and they were as robust and fat as butter. Now I tell every mother I see who has weak, sickly children that Hypo-Cod is what they need," continued Mrs. Hart. "Thousands of mothers give their children Hypo-Cod as a tonic. It keeps them strong, well and hearty. It is pure, wholesome and good for them. (See formula on bottle.) Hypo-Cod tastes better, works quicker and costs no more than the old-fashioned tonic Grandma gave her little boys and girls. All druggists have Hypo-Cod. It is made by the famous Earle Chemical Co., whose name on a package is a guarantee of finest quality and purity in medicine. Don't risk having the children sickly and weak—this wet, dangerous weather.—Advertisement.

A Freak.

From a story—"She had an exquisitely molded face, of which two dark brown eyes were the central feature." Usually the nose occupies that position.—Boston Transcript.

DYED HER DRAPERIES, SKIRT AND A SWEATER WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple that any woman can dye or tint faded, shabby skirts, dresses, waists, coats, sweaters, stockings, hangings, draperies, everything like new. Buy "Diamond Dyes"—no other kind—then perfect home dyeing is guaranteed, even if you have never dyed before. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. Diamond Dyes never streak, spot, fade, or run. So easy to use.—Advertisement.

Flavoring Roquefort Cheese.

Holes in Roquefort cheese are placed there by machinery to admit air and enable the mold to grow, thus giving the desired flavor.

Important to Mothers

Examine carefully every bottle of ASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. H. H. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Clouds come high, but we must have them.

Find What CANADA has to offer YOU!

If your dream of success seems like a hopeless ambition, if you are discouraged trying to get ahead on high priced land, if your present location fails to give you opportunity, there is a new deal for you, a new chance in the fertile, virgin farms of Western Canada, where wheat produces 20 to 40 bushels to the acre, where the 1922 crop was biggest in history, where oats, barley and hay and fodder crops are the basis of a great dairy industry, and a man's work brings him success and prosperity.

Low Priced Land—the Last Great West

In Western Canada you still can buy virgin prairie land at \$15 to \$20 per acre, on long terms if desired, near to town, railroads, etc.—land such as this, Canada had no "war time" land boom; prices are not inflated—you get in on the ground floor.

Taxes Favor the Farmer as Values Increase

The tax laws of Western Canada encourage the producing farmer. The tax on land is reduced when it is brought under cultivation—while on your buildings, machinery, improvements, personal property, automobile, there is no tax at all. A single crop is often worth more, acre for acre, than the cost of the land.

Buy on Exceptional Terms—32 Years to Pay

For the benefit of those wishing to buy land a national non-profit sharing organization—the Canada Colonization Association—has been established with head office at Winnipeg, and United States office at St. Paul. This Association offers selected land convenient to railways—much of it at \$15 to \$20 per acre—on very small cash payment; no further payment until third year; balance extended over thirty years, but purchaser may pay up and obtain title at any time if desired. Interest six percent per annum on deferred payments.

We Help Find Your Opportunity

The Canadian Government maintains information bureaus in leading American centers, where you can get full information, without cost, about all parts of Canada. The men in charge are Government officials, interested only in the service of the prospective settler.

Get the Facts—No Cost

MAIL THE COUPON. Let us know something of your position, and receive free book with maps and free service of the Canadian Government Agent in your territory; also information how special rail rates can be arranged for a trip of inspection.

Mail Coupon to Nearest Agent:
F. A. HARRISON
Desk W, 308 N. Second St.
Harrisburg, Pa.

FREE WOMEN'S A.M.S. are still available in some localities. Canada welcomes tourists—come and see our country for yourself.

No Passport Required. R. P. O.

