

WOMEN FROM FORTY TO FIFTY

Will Be Interested in Mrs. Hooker's Recovery by Use of Lydia E. Pinkham's Vegetable Compound

St. Paul, Minn.—"I was going through the Change of Life and suffered from a run-down condition and the troubles a woman has to go through at that time, hot flashes, nervousness and headaches. At times I was not able to do my work, but since taking Lydia E. Pinkham's Vegetable Compound I am gaining every day and can do my work with more ease than I have for five or six years. I owe it all to your great medicine."

MARtha HOOKER, 114 College Avenue, St. Paul, Minn.

When women who are between the ages of forty-five and fifty-five are beset with such annoying symptoms as nervousness, irritability, melancholia and heat flashes, which produce headaches, dizziness, or a sense of suffocation, they should take Lydia E. Pinkham's Vegetable Compound. It is especially adapted to help women through this crisis. It is prepared from roots and herbs and contains no harmful drugs or narcotics.

Write to Lydia E. Pinkham Medicine Co., Lynn, Massachusetts, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."

Cruel Words.

The wife had been away from home all afternoon, and when she returned husband was reading. She dropped wearily into a chair and closed her eyes for a rest when her husband began to ask questions.

"Oh, don't talk to me," she begged, "I'm so tired."

"I wanted to rest myself," he returned, "but was kept from doing so by the noise you made."

"I was away," she said.

"But there were echoes," he returned.

Aspirin

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-two years and proved safe by millions for

Colds Headache
Toothache Lumbago
Earache Rheumatism
Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Drug-gists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacturing of Monocetenechloride of Salicylic acid.—Advertisement.

Praise Too Faint.

"Why do you want the press agent discharged?" He says you are the greatest singer alive.

"It is not enough," coldly rejoined the prima donna. "He should have said I am the greatest singer that ever lived."

The pleasure a woman gets out of a good cry has nothing in common with her sense of humor.

Is Your Work Hard?

Is your work wearing you out? Are you tortured with throbbing backache—feel tired, weak and discouraged? Then look to your kidneys. Many occupations tend to weaken the kidneys. Constant backache, headaches, dizziness and rheumatic pains are the natural result. You suffer annoying bladder irregularities; feel nervous, irritable and worn out. Don't wait! Use Doan's Kidney Pills. Workers everywhere recommend Doan's. They should help you, too. Ask your neighbor!

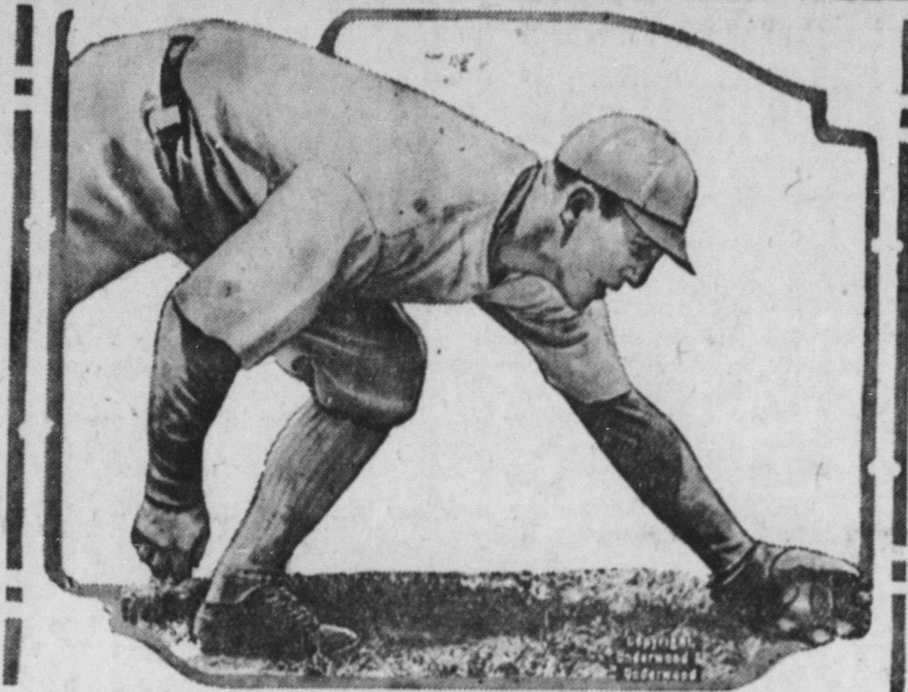
A Virginia Case

St. Groves, prop. of painting shop, 1210 King St., Alexandria, Va. "I had a dull, throbbing ache in the small of my back seemed to be tearing my back to pieces. My kidneys were sluggish and the secretions contained sediment. A druggist recommended Doan's kidney pills, so I tried a box. My back stopped aching and my kidneys acted naturally. I know Doan's relieved me."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FESTER-MILBURN CO., BUFFALO, N. Y.

FESTER-MILBURN CO.
1836 N. 20th St., Philadelphia, Pa.

ILLINOIS BASEBALL STARS DO WELL



Cliff Happenny, product of the University of Illinois, who filled the big gap at second base for the White Sox when Eddie Collins was out. He made good with a vengeance. Other Illinois are doing well in the majors—Vogel in the Cub outfield and Reichle in the Red Sox garden. Evie Hellstrom, last year's Illinois basket-ball captain, is going great at Houston, Tex., to which club he was sent by the Cardinals. Don Peden is with Syracuse and Tom McCann with Detroit.

Diamond Squibs

Tris Speakers' phenomenal hitting come-back is the talk of major league circles.

The old-time baseball players used to resent the invasion of the college players.

Bill Rice, a Pacific coast promoter, is taking a team of girl baseball players to the Orient.

The Philadelphia Nationals have signed Carlton Lord, third baseman of the Rockford Three-I club.

The warm weather that a lot of baseball teams were waiting for seems to have done what the pinch hitter usually does.

George Gray, pitching ace of the Henryetta club of the Western association for the past four years, has quit organized baseball.

Manager Branch Rickey of the St. Louis Cardinals, seems to have dug up a real one in John Stuart, the Ohio State university pitcher.

Edwin Wells, left-handed pitcher, has been released by the Detroit Americans to the Birmingham club of the Southern association.

Owne Carroll of Newark, crack pitcher of the Holy Cross team, is nineteen years old. He won 13 out of 15 games for Coach Jack Barry's team this year.

Manager Jimmy Hamilton of the Nashville club has announced the purchase of Pitcher Stubby Mack from the Chicago White Sox. Mack is a right-hander.

Charles Deal, third baseman of the Los Angeles club of the Pacific Coast Baseball league, has been traded to the Vernon club for J. Carlisle Smith, a third sacker.

If Lee Fohl thought Fred Schliebner would boost the morale of his fading Brownies, he knows better. Schliebner is a fair first-sacker, but he is a million miles behind George Sisler.

"Pete" McMillan, outfielder, young brother of Norman McMillan of the Boston Americans, who joined the Cleveland Americans after graduating from college, has been unconditionally released.

Al Yap may bring an All-Chinese baseball team from Honolulu to tour this country next summer. Yap gained prominence with the Chinese team which toured the United States half a dozen years ago.

The White Sox have released unconditionally Roxy Snipes, an outfielder recently obtained from University of South Carolina. The lad's big league career consisted of one time at bat as pinch hitter.

A prophet is not without honor save in his own land. In Brooklyn they don't seem to think much of Dutch Reuther, brilliant left-hander, but there are several other clubs which would like to have the temperamental one.

Baseball may have its faults, but it expects its players to perform under conditions as they are offered. Baseball players are expected to be stars even though opposition crowds are saying things not soothing to the sensitive.

Leslie Mann, veteran outfielder, passed from the Cardinals to the Reds, the Cincinnati club claiming him when waivers were asked. Mann had sought his release that he might soon take up a position as assistant director of athletics at the University of Indiana.

One of the greatest of the great this year is Adolfo Luque, Cuban, Cincinnati pitcher. Luque has been considered up to this year something of a seven-inning pitcher—good for that number, with a tendency to weaken in the final sessions. Luque is no giant in size.

Ejects Two Pitchers

Did you ever hear of one pinch hitter disposing of two pitchers in a ball game?

It does not seem possible, does it?

Looking back over some baseball records we find that in a game played at Boston on June 13, 1916, one pinch hitter, Tom Clarke, went to bat for Toney in the twelfth inning. This put Toney out of the game, and Clarke then hit a vicious liner through the box which Dick Rudolph attempted to stop. Dick did manage to knock down the ball, but it put his right hand out of business and he, too, was compelled to leave the game.

The game in which this play took place was in itself a freak game, for both teams fought bitterly for 16 innings, and neither team was able to score a single tally.

Toney, up to the time he was taken out of the game, had pitched the most superb sort of ball, allowing but two dinky hits in 12 innings and striking out eight men.

Leo Diegel Driving



Leo Diegel of the Friendship club, Washington, D. C., driving in the national open golf tournament at the Inwood Country club. He played with Gene Sarazen.

INTERESTING SPORT NOTES

Sam Langford has been boxing for years with no sight in his left eye.

The world's record for the standing broad jump is 11 feet 4 1/2 inches.

The Brazilian navy has engaged Bob Fowler of New England as an athletic trainer.

Roger Cutler, former Harvard stroke, is mentioned for coach of the Crimson oarsmen.

The proposed athletic stadium of the University of Kentucky is to be the finest of its kind in the South.

Japanese swimmers won all six races in the Far Eastern aquatic sports held recently in conjunction with the athletic events at Osaka.

Norman Ross, the Illinois A. C. long-distance swimming star, will compete in free-style events during the outdoor season.

Pete Weismuller, sixteen-year-old brother of Johnny, famed champion of the Illinois A. C., is progressing rapidly in the aquatic game.

"One of the things which a championship fight proves," says a pugilistic crab, "is that the experts know about as little as the duffers."

Of the fighters in the heavyweight class, Jess Willard is the tallest boxer of them all his height being 6 feet 6 inches and his weight 250 pounds.

Stealing Ball No Crime

A boy who gets a baseball in the bleachers to take home as a souvenir is acting on the natural impulses of all boys and is not guilty of larceny, according to a decision handed down by Judge Brown in a Philadelphia municipal court.

Robert Cotter, eleven, was sitting in the bleachers at the Philadelphia National league park when a foul fly came in his direction and he put the ball in his pocket.

The boy was turned over to a police sergeant and taken to the house of detention, where he spent the night.

KNEE-HIGH BALL IS QUITE HARD TO HIT

Some Pitching Is Easier Than Others to Batters.

Big league batters have often been asked what is the hardest ball to hit. Of course, sticksmiths can bat some particular sort of pitching more easily than others, but there is a general sort of rule covering the easiest and hardest deliveries to face successfully, writes Jack Kofoid in the Philadelphia Public Ledger.

The easiest sort is the one pitched in the "groove," about half-way be-



Slam Sallee.

tween the waist and the shoulder, three or four inches toward the hands from the outer end of the bat when fully extended.

A ball hard to hit must be away from the plane of the natural swing of the bat; that is, above or below the point midway between the waist and shoulder. At first glance it would appear as if there was no choice as to whether the ball is above or below the natural swing of the bat, but according to the rules of the game the vertical limits of a strike are the knee and shoulders. About ten inches is the limit above the natural swing of the bat, while about thirty inches is the limit below.

Also, at first blush, it would seem to make little difference whether the ball was pitched at the outer end of the bat or the handle, in the horizontal plane. However, a ball pitched at the extreme outer end is usually beyond the outside edge of the plate, depending whether the batter is standing away or "crowding." As most batters step into the plate, bringing the bat beyond its outside edge, it is better policy to pitch at the "weak end"—the handle. Not even Babe Ruth can hit one very far with his knuckles.

Hence, the hardest ball to hit, theoretically and practically, is a ball pitched knee high over the inside corner of the plate. A low curve, "hooked" over the inside corner, and a fast ball, started at arm's length over the pitcher's head and angled down to the batter's knees, if judiciously mixed with a fast ball or curve, inside or out, and a competent "float" will worry eight out of ten batters.

Slam Sallee, as an example, lasted a long while after his arm was virtually through, because his superb control enabled him to put the ball in the hardest of places to hit.

Fan Observed They Were All Good Ball Players

"Last season, when I attended the 'Old Timers' Game' in Boston, I rode in a machine with Jimmy Collins, the old Boston third baseman; Pitcher Kid Nichols, Larry Lajoie, as great a second baseman as ever lived, and old Cy Young," says President John A. Heydler of the National league.

"When we got out of the car at the field, a fan, looking over our party, said, 'I wish you boys were in your prime and I was your owner. I could sell you for \$1,000,000 at the prevailing prices.'"

Iowa Coach Will Attend Olympic Games in Paris

Coach George T. Bresnahan, track coach and assistant director of athletics at the University of Iowa, will attend the Olympic games in Paris next summer for the purpose of making a survey of the methods of athletic coaching employed by the leading trainers of foreign track teams.

Motor to Church in Comfort



SUPERIOR 5-Pass. Sedan

\$860

f. o. b. Flint, Mich.

The Chevrolet 5-Passenger Sedan is most popular for family use, because it affords comfort, weather protection and the home atmosphere all the year 'round for five people—yet may be economically operated with only one or two passengers.

Its power, reliability and low up-keep appeal to men. Women like its handsome lines, fine upholstery, plate glass windows with Ternstedt regulators, and fine finish.

Everybody appreciates its great value at \$860, f. o. b. Flint, Mich.



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SUPERIOR Roadster . . . \$519
SUPERIOR Touring . . . \$525
SUPERIOR Utility Coupe . . . \$560
SUPERIOR Sedanette . . . \$580
SUPERIOR Sedan . . . \$649
SUPERIOR Commercial Chassis . . . \$255
SUPERIOR Light Delivery . . . \$190
Utility Express Truck Chassis . . . \$75

Chevrolet Motor Company

Division of General Motors Corporation

Detroit, Michigan

LYTTON BEFORE CONAN DOYLE

Early-Victorian Novelist a Student of the Occult Something Like a Century Ago.

Bulwer-Lytton, the eccentric, preceded Sir Conan Doyle by more than half a century in the field of letters to the regions of the occult. Says an old copy of Blackwood's Magazine, quoted in the Detroit News: "Occult studies, comprising the magic ancient times as well as the spiritualism of the present, had a great charm for him, and he entered on them with the earnestness which marked the pursuit of less mysterious knowledge. He dived into wizard lore, equipped himself with magical instruments, rods for transmitting influence, and crystal balls in which to discern coming scenes and persons, and communed with mediums and spiritualists. There can be little doubt, whatever faith he might have in particular manifestations, he believed in certain occult powers of nature, to deal with which is the object of these mysterious arts. On more than one occasion we have known him to dilate on such themes with great copiousness of knowledge and apparent truthfulness in the reality of the marvels."

It takes a lot of good luck to enable some men to reach the top.

Black Alkali.

Investigations have been made of the almost complete loss of fertility of from 40,000 to 50,000 acres in the San Luis valley of Colorado, and this condition is attributed to the so-called "black alkali," composed largely of sodium carbonate. This carbonate is carried in the waters of the valley, including the rivers and the artesian wells, and the practice of subirrigation has brought it to the surface by capillarity and evaporation. It is suggested that the remedy lies in a conversion of the carbonates into sulphates by the use of a liberal amount of gypsum—about nine pounds of gypsum to one pound of black alkali—and downward washing by means of surface irrigation with furrows or by flooding.

Electricity Aids Fisherman.

Are you an electrical fisherman? If not, all you need in order to class yourself in this category is the new artificial minnow, which is made luminous by electricity and resembles a wriggling worm when cast into the water. It is reputed to attract fish day or night. Fine wires protect the bait from breakage and an electric battery supplies the current.

If a man does not seek wisdom he will never be very wise.

Ever stop to think of this?

We are what we eat!

It's a startling fact, yet a simple truth.

This is the reason every one should know that his food is really nourishing—not merely filling.

Grape-Nuts—made from wheat and barley—is one of the few cereal foods that includes the vital mineral salts so necessary for supplying proper nourishment for nerve and bone structure.

In Grape-Nuts, too, is retained the important vitamin-B of the wheat.

No food has greater influence in strengthening the body of a growing child than Grape-Nuts. And remember, children need the very best there is in the way of nourishment.

Grape-Nuts is just as delicious as it is healthful, whether served right from the package as a breakfast cereal with milk or cream, with fresh or stewed fruit, or made into an appetizing recipe. Try the suggestion given below.



Where you don't find Grape-Nuts, you won't find people—

"There's a Reason"