

Ivory carving is becoming a lost art among the Eskimos of Alaska and the ornately carved walrus tusks are much prized by collectors. A generation or so back the artisans who did this work were quite numerous, but they have

Walrus Tusks Prized



gradually passed away and the young

men have not learned to do It.

Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be

nothing else but kidney trouble, or the result of kidney or bladder disease. If the kidneys are not in a healthy con-

dition they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness are oftentimes symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test this great preparation, send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing, be sure and mention this paper.-Advertisement.

#### Dig Up Ancient Synagogue

The Danish scholar and excavator, Doctor Sommerfield, found in the Palestine village of Kapernaum the ruins of an old synagogue. It was in this village that Christ first preached to the Jews. On the walls of the synagogue was found the swastika emblem.



LOSING OUR BEARINGS

THE fine spirit of assurance which we mortals frequently exhibit in withers out and crackles before an ex- ambitions and lofty purposes! plosive flame of passion.

It is in such a blaze that the impetuous soul loses his bearing and wakes up in his senses to find himself Has Anyone Laughed adrift on an uncharted sea. If he has within him but a small portion of the At You substantial fibre of which manhood is made, he places the fault where it belongs and proceeds without waste of time to mend his ways.

Every hour somewhere, capable men and women, qualified by innate ability and hard-bought education to manage large affairs, lose their course and go wrong, because of a little flaw in their mental structure which in the hour of test will not stand the hard strain.

Yesterday they were proud, conceited and overbearing; today they are humble, sad-eyed and despondent, having, in a flare-up of ungovernable emotion, gone too far in an unwarrantable dispute with the master at the wheel. And, paradoxical as it may seem, the very men and women who know their

duty, commit the most grievous sins. They imagine they are indispensable. that no other man or woman in all the wide world can be found to take their place. And this hallucination holds them in its grip until they slowly wake up and see everything around them going along at its customary gait.

That haughty old general, Ego, has caused as much misery in the world as have all the generals of war combined. He is in the field twenty-four hours a day and never loses à battle.

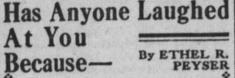
When we find pride swelling in our breast, our hats getting too tight, our tried friends boresome, we are getting perflously close to the befogged state of mind where, if we do not overcome our egotism, we shall lose our bearings. And again, when an overweening sense of importance lays its hands upon us and we lose the simplicity of manners which had always been ours, become stiff-necked, turn abruptly to genealogy and manifest a keen interest in heraldry, we need a long vacation

in the vast open where we can commune alone with Mother Nature.

neith the stars, let us ask ourselves Never take beyond his needs, the presence of our rivals, very often what has become of our great, weighty (@, McCiure Newspaper Syndicate.)

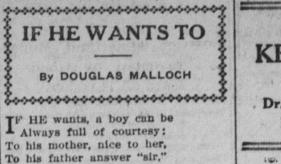
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THE CENTRE REPORTER, CENTRE HALL, PA.



Of Being Too Close Mouthed? Here is a place where you are pretty much alone! The Mountain to Keep-Your Mouth-Shut is far away and hard to climb, But, friends, stay there if you have reached it. The tongue has done as much harm as good in the world and if you know the "control" hold it and your tongue no matter who laughs. You may get out of "gossip fests," but you will never .get into messes. You will have time to do your work; you will have time, too, to make yourself 2 popular, in other ways.

80 Your get-away here is: To realize that you are on the right track-where the signal system is always O. K. (. McClure Newspaper Syndicate.) 



Kind in act, polite in speech, And at night in the sublime hush, be- At the table never reach, Know just what to do with seeds, Never drop his spoon or plate, Not complain when asked to wait Yes, a youngster really can Be a little gentleman.

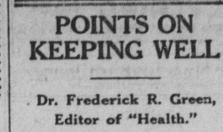
If he wants to.

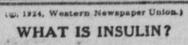
Yes, indeed, a boy can be Help to all the family: PEYSER He can get his father's chair, He can put his slippers there, Help his mother busy days In a half a dozen ways; There are things on ev'ry side Any boy could do who tried: Wipe the dishes, 'tend the lawn, Be his dad when dad is gone, Run on errands, promptly, too-Such a lot a boy can do, If he wants to.

> Mind you, I don't say a boy Is a model and a joy All the while in ev'ry way; But I know that ev'ry day Any boy can make his dad And his mother proud and glad, Make the neighbors, friends of his, Say how fine a boy he is, Even make the boy next door Help his folks a little more, Give the world a smiling face, Make the home a happier place-If he wants to.

(@, McClure Newspaper Syndicate.)







DIABETES is a disease characterized by the presence of sugar in the urine. It has been known for thousands of years.

Formerly regarded as a disease of the kidneys, it was found, about Lorty years ago, to be due to degeneration of the pancreas, following some infection, such as influenza or typhoid fever. It may be caused by obesity.

In 1890, Langerhans found that only a part of the gland was destroyed in diabetics and that the pancreas was really two glands in one.

One gland secretes the pancreatic fuice, which goes lato the small intestine and aids digestion. The other giand manufactures a substance which is taken up by the blood and which is necessary for sugar digestion.

The parts of the gland which secrete this second substance are called the Islands % Langerhans.

If these islands degenerate, then the sugar in the food, instead of being used by the body, is discharged through the kidneys. So that, no matter how much the patient eats, he is unable to get enough nousishment, because much of his food is thrown away.

Diabetic patients have enormous appetites, but the more they eat the more poorly nourished they are. To make matters worse, the changed chemistry of the body produces an acid condition of the blood called acidosis, which eventually poisons the patient.

He becomes unconscious-what is known as diabetic coma-and usually never awakens.

In 1921, Dr. F. G. Banting, a young Canadian physician, determined to find this mysterious substance, the absence of which caused diabetes,

After many experiments he succeeded in making a serum containing the secretion of the Islands of Langerhans, which he called insulin.

It is now made from the pancreas of the hog, which contains more insulin than that of any other animal.

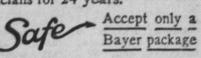
Before the discovery of insulin the only thing the doctor could do for diabetics was to give them a starch and sugar-free dict.

Since Doctor Banting's discovery it is possible to restore the diabetic patient to practically normal condition. The doctor weighs the patient's food, estimates the amount of sugar eaten and the amount of sugar excreted.

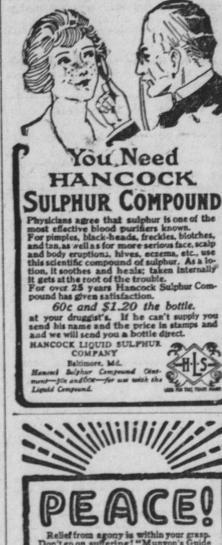
Then he gives the patient enough insulin to digest the sugar taken into the body. This enables the body to



INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.



which contains proven directions Handy "Bayer" boxes of 12 tablets Also bottles of 24 and 100-Druggists Aspirin is the traffe mark of Bayer Manu-facture of Monosceticacidester of Salicylicacid



n't chuckle if you put over a when an advertised product is called for. Maybe your customer will never come back. Ben Mulford, Jr.





## atmosphere which brings out the best in others and which helps all well-meaning people to feel comfortable and

#### There is such a thing as too much caution. You may be so slow as to fall asleep on the job.



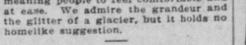
ust think, a 35c bex of P. D. Q. (Pesky vils Quietus) makes a quart, enough to 1 a million Bed Bugs, Roaches, Flehs Cooties, and stops future generations killing their eggs, and does not injure o clothing. Liquid fire to the Bed Bugs what P. D. Q. is like; Bed Bugs stand good a chance as a snowball in a justly med heat resort. Patent spout free in ery package of P. D. Q., to enable you to I them and their nest eggs in the cracks. Look for the deyil's head on ev-

Look for the devil's head on ev-ery box. Special Hospital size, \$2,59, makes five gallons; contains three spouts. Either size at your druggist, or sent prepaid on re-ceipt of price by Owl Chemical Works. Terre Haute. Ind.





INDERCORNS Res



# HELPFUL THINGS

WHEN cooking the fresh green peas add a teaspoonful of sugar to them ; it adds to their flavor. Sweet corn, beets, carrots, sweet potatoes, when not over sweet, are all improved by adding a little sugar when cooking. Add a tablespoonful of melted butter to the sirup for the cakes and less butter will be needed to serve on the

Clear tomato soup may be bought in cans and will be found a great riety. convenience in making a tomato sauce, adding such seasonings as deening of butter and flour and the sauce is ready. One-half a can will make sufficient sauce.

Now that the fresh mushroom is again with us we may have steak with mushroom sauce, creamed mushrooms on toast, in timbale cakes, patty shells or ramekins, broiled, fried of plants, such as geraniums and ferns,

By HELEN ROWLAND

nine fimes out of ten, a woman hasn't

ANY designs; she has nothing but im-

The worst cases of incompatibility

are those in which a man treats his

wife's "afflictions" as a joke, and a

woman regards her husband's jokes as

speaks to a man in an undertone, he



or combined with sweetbreads, so that | will warm the roots and start new we may have many dishes for va- growth. The grounds worked into the

A delicious casserole dish for dessert is baked bananas, which have a sired; all that is needed is the thick- sauce of lemon juice and butter poured over them with a little sugar. Bake until tender and serve garnished with a little currant jelly. The bananas that are under ripe are good for this dish as baking seems to ripen them, without their becoming too soft, Hot coffee poured into the saucers

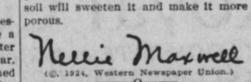
calls it "cooing"; after marriage, he

(Copyright by Helen Rowland.)

Che Young Lady

Across the Way

calls it "nagging."



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### ROMANCE OF WORDS "HABERDASHER"

THOUGH Swinton, who can asually be relied upon for the accuracy of his investigations into the antecedents of words, declares that "haberdasher" is derived from the German "Habt thr das?" and is based upon the fact that a haberdasher is expected to keep nearly everything in his store, it almost certainly dates back even further to the days of the berdash, or neckcloth, a combination of the words "beard" and "tache," meaning a covering.

Chambers, in referring to the word, states: "Berdash was a name formerly used in England 3 for a certain kind of neckdress, and hence a person who made and sold such neckcloths was 3 called a berdasher. Gradually, however, there grew up berdashers of two kinds-those who sold small wares, such as buttons, tapes and other trifles which might be included in the old Norman term 'hapertask,' and those who sold hats. The latter being made of a substance known as 'habertas', the syllable 'hab' was naturally prefixed to the word 'berdasher' and the name 'haberdasher' applied to anyone who handled articles of either class."

(C by Wheeler Syndicate, and.) 

### **Plain Speaking Barred**

Mr. Sparks-Ah! stranded, I see. Perhaps I can be of some assistance. There are one or two things I can tell you about your make of car. Motorist-Well, keep them to your-

absorb it.

Insulin is not a cure for diabetes. It replaces the missing substance in the blood of the diabetic patient and so enables him to lead a normal life. It is not a substitute for other methods of treatment. Careful diet and ways of living are still necessary. It is possible that its continued use may restore the pancreas to normal. at least in mild cases, but this we do not know, as yet.

GOOD FOOD SURPASSES DRUGS

NEW YORK city spends thirty-five million dollars each year maintaining its hospitals. Of this amount, ten millions, or nearly one-third, are spent for food.

This is quite different from the old idea of a hospital. People used to think they went to a hospital to take medicine. They know better now. A hospital is a place for making sick people well, not for dosing them unnecessarily.

A hundred years ago doctors didn't know what caused diseases or how they could be prevented, so the only thing they could do was to give such medicines as they had, in the hope of restoring the patient to health. The wise doctor today doesn't give any medicine unless he knows that it's going to help the patient. Of course, this means that what medicine is given today is much more necessary and beneficial than the larger quantities that used to be administered. Doctors give fewer drugs today because they know more than their predecessors did. Hospitals spend more money for food than they do for medicines, because they know that every patient needs to be properly nourished, while compara-

tively few need drugs. With our better knowledge of the chemistry of foods and the processes of digestion we are able to combine feeding and medication in a way that the old-time doctor never thought of. A certain amount of iron is necessary for health. If you must have it in a hurry your doctor gives you a prescription containing iron, which will rapidly increase the amount of iron in your blood. But he would rather give it to you in a natural way through your food. The iron you get in fresh vegetables and fruits is better suited for your bodily needs than the iron you get in pills and in bottles.

So the doctor today gives his patients, either at home or in the hospital, many needful substances in their food which he formerly had to give in the form of medicines. When he does give medicine, he gives it because it is necessary and he gives the smallest amount that will do the work,

Every capable physician knows today that it is just as important for his patient to have the right kind of food as the right kind of medicine.





Men can sew, but most of them make a mended rip look like a welt raised by a horsewhip.

Truths and roses have thorns about them,-Proverbs of Spain.



The young lady across the way says if she ever gets a revolver it will be an automatic, as she never dare touch (@, McClure Newspaper Syndicate.)

Children slways turn to the light. | self. There are ladies present.

Oh, yes, even a society woman needs a husband, if only for somebody to send postcards to from Europe or Florida, and to look up, when she's passing through town. Theoretically, a man may believe that a girl has the right to do the proposing; but when he hears anything

pulses.

an affliction.

that sounds like it from a woman's lips, it frightens him like a motor horn lose to the ear.

