

# THIS WOMAN RELIEVED FROM SUFFERING

By Lydia E. Pinkham's Vegetable Compound. A Remarkable Story

Dover, Del.—“I wish every woman would take your wonderful medicine as it has done so much good to me. I had cramps and faint spells and very bad pains. One day I was over to my neighbor's house and she told me I ought to take Lydia E. Pinkham's Vegetable Compound. So I went to the store on my way home and got a bottle, and took the first dose before supper. I have been taking it ever since, and you can hardly believe how different I feel. I had just wanted to lie in bed all the time, and when I started to brush up I would give out in about ten minutes. So you know how badly I felt. I used to go to bed at eight and get up at seven, still tired. Now I can work all day and stay up until eleven, and feel all right all the time. My housework is all I do in summer, but in winter I work in a factory. I have told a good many of my friends, and I have had three come to me and tell me they wouldn't do without the Vegetable Compound.”—Mrs. SAMUEL MURPHY, 219 Cecil St., Dover, Delaware.

## ITCH!

Money back without question if HUNT'S SALVE fails in the treatment of ITCH, ECZEMA, RINGWORM, TETTER or other itching skin diseases. Price 75c at druggists, or direct from A. B. Roberts Medicine Co., Shuman, Pa.

## Garfield Tea

Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

## ASTHMA

TREATMENT sent any summer by mail on trial. If it cures send \$1.00. If not, don't. Write below: W. K. STEERLINE, 502 Ohio Ave., Elmer, Ohio.

You may have "told them so," but remember that saying it inspires resentment.

## WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine. It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do. Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends. Be sure to get Swamp-Root and start treatment at once. 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.

When anything is free there is, as a rule, a catch in it somewhere.

## Hall's Catarrh Medicine

is a Combined Treatment, both local and internal, and has been successful in the treatment of Catarrh for over forty years. Sold by all druggists. E. J. CHENEY & CO., Toledo, Ohio

## MUNYON'S PAW PAW PILLS

for Constipation

A mild, effective laxative. Quickly relieves ills and discomforts resulting from sluggish liver and bowels. Munyon's Paw Paw Tonic makes you well, keeps "There is Hope" you young. At all drug stores. Satisfaction guaranteed or money refunded. MUNYON'S • Scranton, Pa.

## Use Cuticura Soap And Ointment To Heal Sore Hands

## DRUMPHREY'S REMEDY BEST FOR COLDS-GRIP

# THE SANDMAN STORY

## LITTLE EVERGREEN TREE

ONE day when the sun was shining warm and bright and the peach trees were filled with beautiful blossoms a little evergreen tree growing close by its big mother tree began to cry.

"I want a pretty pink gown like the peach trees," it said. "I am tired of this old green dress and the peach trees make fun of me because I never wear anything else."

"Dry your eyes, my dear," said the mother tree, "and I will tell you something."

Little evergreen shook itself softly in the breeze and tried to hold up its head, but its heart was so heavy with unhappiness it could do little but look at the pretty peach trees in their new pink gowns and wish it had been lucky enough to have grown up a peach tree instead of an evergreen.



Her Green Gown Peeked Through, Making a Beautiful Picture.

"You wear a beautiful shade of green," said the mother tree, "and it never fades; but through all the winter you are dressed, while the peach trees and the other trees as well are naked and bare."

"Isn't that something for which to be thankful? Wait until the fall days come and November winds shake the leaves from all the other trees and then you will know that your thick, beautiful green wears better than the 'gowns worn by those you now envy.'"

"Oh, I don't care," said the unhappy little tree, "I want a pink gown now. I am ashamed of this old green thing and the peach trees toss their heads every time they see me."

"There is something else I have not told you," said the mother tree, "and because you are so discontented I shall keep it for a surprise, for you would not think it worth having now. But this much I will tell you: When the winter comes the peach tree will be envious and not you."

"They won't care for this old green dress," pouted the little evergreen. "I heard them say it was too bad I never had a change, but had always to wear the same green dress."

"I don't mean your green dress," said the mother tree, "though it will be beautiful then. But something else they will not be able to wear you will have and wear like a queen."

That was all the mother evergreen told the little tree; but, though it was not happy all summer, it spent part of the time trying to guess what it would wear when winter came that would make the peach trees envious.

"It is cold, mother," said the little evergreen one night. "The wind is blowing all the leaves from the peach trees, those that hung on to the last; but I do not wear anything different

from the green gown I wore in the summer."

"Wait and see, my child," replied the mother tree. "The winter days are not here yet."

But one morning the little evergreen awoke to find herself wrapped in a beautiful ermine coat, her green gown peeking through in places and making a beautiful picture, but she did not know how beautiful until she heard a bare tree sigh and then whisper to another naked tree. "Look at that beautiful ermine coat the evergreen tree is wearing."

"Yes," the other sighed, "we wear dainty gowns in the summer, but the evergreens wear their ermine and diamonds in the winter like kings and queens. How nice it must be to be an evergreen tree. Our naked limbs will not hold a coat as theirs do."

At last little evergreen tree was happy. Somebody envied her, and the next summer when all the peach trees were wearing their pretty pink frocks she kept her thoughts on her rich coat of ermine that she wore in the winter and all the other trees wished they could wear.

Perhaps, like the little evergreen tree, some of us do not appreciate the things we have because we are too busy wishing for something that belongs to others when our own possessions may be worth far more.

(© by McClure Newspaper Syndicate.)

## Aileen Pringle



Miss Pringle, daughter-in-law of Sir John Pringle, once governor of Jamaica, is among the socially prominent women now in the "movies." The merry round of society was not enough to satisfy her. Of youth, beauty and riches she had her share, as the daughter of a wealthy business man of San Francisco. She has been seen in prominent productions.

## HOW TO KEEP WELL

Dr. Frederick R. Green, Editor of "Health." (© 1924, Western Newspaper Union.) EXOPHTHALMIC GOITER

A LADY writes to me as follows: "Your articles in our local newspaper interest me very much, especially the one on goiter. I have had exophthalmic goiter for 12 years and during the last two years it has been troublesome, causing severe headache and fainting spells. The doctor has told me that the only cure is operation. That I will not submit to. Would iodine do me any good and how should I take it?"

Exophthalmic goiter is an entirely different disease from simple goiter in ordinary goiter the chief and generally the only symptom is enlargement of the thyroid gland.

Exophthalmic goiter is a disease which affects the entire body. It is characterized by slight enlargement of the thyroid, accompanied by protrusion of the eyes, rapid pulse, trembling of the fingers, extreme nervousness, muscular weakness, sleeplessness and loss of weight. While the popular name emphasizes the eye protrusion and the thyroid enlargement, there are cases of exophthalmic goiter in which the eyes do not protrude, as there are cases in which the gland is not enlarged.

Many theories have been suggested as to the cause of this disease; what it is we do not know. It may follow some sudden shock or fright. It is more common among women than men. Although most common in middle adult life, it may occur at any age. It has no relation to simple goiter.

Besides the loss of weight and strength, the most alarming feature is the rapid heart, which may run as high as 140 to 160 to the minute. This extremely rapid action, if not relieved, in time tires out and exhausts the heart.

In the belief that the disease was due primarily to a diseased thyroid, the favorite treatment in the past has been surgical removal of a part of the gland. Even under the best condition and in the hands of the most skillful surgeon, the number of recoveries following operation is small. Sajous puts the number of recoveries four years after the operation as low as 18 per cent, or less than one out of five cases operated on.

The non-surgical treatment consists of rest, diet, carefully regulated exercise, the use of X-rays and of iodine and a few carefully administered drugs. Iodine, in large doses, is in most cases dangerous. Given in small doses and carefully watched by a competent physician, it may be of benefit.

Rest and diet are most important. Tranquility of body and mind is more important than actual physical inactivity. The patient must be made contented, and as Crile says, "must hibernate like a bear in winter" so that the brain, the heart, the nerves, the whole body as well as the muscles rest.

The diet must be plentiful to make up for the lost weight, but meat of all kinds, as well as tea, coffee, alcohol and tobacco must be given up.

# Have You This Habit?

By Margaret Morison

### JANE FOOT

THE second Sunday in December was the day that Jane Foot regularly made out her Christmas list. She was a very busy woman and the system she had worked out years before of disposing of Christmas shopping pleased her efficient soul mightily. She did not have to make out a new list more than once in several years. The paper before her she had written five Christmas lists ago. She had simply revised it from time to time by taking off or adding new names. This year several of the names had blue pencil crosses after them.

Each year Jane went to a certain wholesale house and bought in large quantity some one article. She found that it was really not difficult to find something impersonal that was more or less appropriate for all her list. This Christmas she had bought paper weights. Each paper weight came done up already in a paste-board box. Jane had only to slip in a card, and do up the package in white paper and string; one evening sufficed. Meanwhile she congratulated herself on the intelligence with which she had reduced Christmas giving to a minimum of effort, thought, time and expense.

Jane always counted on Cousin Theophilus for her Christmas dinner. She made no effort to see her cousin or his wife during the year, to be sure, and she made no pretense of caring anything about them—but they had always provided her with cranberry and turkey; she had come to take Christmas dinner with them for granted. So far this year no invitation had come to her.

Christmas morning dawned rainy and chill. On the arrival of the post-

man, she found that she would have several new names on her list to blue pencil. Finally a package turned up addressed in the hand writing of Cousin Theophilus—so that was the explanation: they were sending her invitation this year with her present. As she undid the wrappings the shap within began to assume familiar lines. A book-rack! Where had she seen this before? Her mind ran back to four years ago—that Christmas she had bought book-racks at the wholesale house. Was this the book-rack she had sent Cousin Theophilus, or one that some mutual friend had passed on to another mutual friend, to be passed on in turn to Cousin Theophilus, and so finally back to her herself? So Cousin Theophilus cared no more about her Christmas than she did about his. Evidently other people had the habit of making a business of Christmas, and, as Jane contemplated her dinnerless day and her returned remembrance, she no longer seemed to herself so clever. Under a street band began to play "God Rest Ye, Merry Gentlemen" and then the habit of making a business of Christmas suddenly seemed a very bad business. HAVE YOU THIS HABIT? (© by Metropolitan Newspaper Service.)

## The Why of Superstitions

By H. IRVING KING

### THE SPILT WINE

IF WINE is accidentally spilt on the table touch it with your finger and apply the finger to your forehead. It will bring you luck. This could not happen in these days of course. But it might! It is well to be prepared. Anyway it is an old and popular superstition of pre-Volstead days. The superstition is, of course, an inheritance from the days when our pagan forefathers used to begin their feasts by pouring a "libation to the gods." A cup of wine was thrown on the floor, or tossed high and fell back on the table, as a preliminary to the business of eating. It was an offering, a sacrifice, to the gods begging them to be propitious to the feast—a pagan grace before meat. The wine accidentally spilt upon the table represents this "libation to the gods" and by putting your finger in the wine so spilt, and touching your forehead with it, you, by magic of contact, more personally implore the gods for good luck.

(© by McClure Newspaper Syndicate.)

### Daily Dialogue

Hotty—Be sure you are right and then go ahead.  
Toity—That's not my way. Be sure you are right and then stand pat.

A KIZZ-A-KOLLI-TUN COLIC-TUN BY TWO TRADES OF PRETTY TART

(© by McClure Newspaper Syndicate.)

# "What's in a Name?"

Dr. MILDRED MARSHALL

FACTS about your name; its history; meaning; whence it was derived; significance; your lucky day and lucky jewel

### PAULINE

PAULINE is a musically pleasing feminine name which is really of itself a diminutive and an endearment. It means little and has a quaint origin. In that it is said to be derived from Paulus or Paulus, the name given to one of the Aemilian gens of Rome, who was small in stature. In Europe, this straightway became Paul, a name made immortal by the splendid saint of that name.

Paula was honored as the feminine of his name and also as the name of the friend and correspondent of Saint Jerome, the mother of Eustochium. Paola is consequently found in Italy and named the heroine of one of the most exquisite romances of history, that of Paola and Francesca.

Paulina is the diminutive of Paola, and Paulina and Paulina are favorite forms everywhere. Spain has always retained Paula and, curiously enough, the Teutonic version is identical with the soft vowel formation of the Spanish. Pauline became more popular than any other form in France for the sake of that favorite grandchild whose Christian name is almost the only one mentioned in Madame de Sevigne's letters. In fact, it is the only form commonly recognized in France, though the sister of Napoleon was called Paulette by her own family. Italy has evolved another form from Paola, which it calls Paulina and the Slavs change the "o" to a "v" and call it Pavlina.

Pauline's jewel is the pearl, which promises charm and goodness and popularity to its wearer. The gem brings good luck and insures friends. Sunday is her lucky day and 4 her lucky number. Her flower is the lily, signifying purity.

(© by Wheeler Syndicate, Inc.)

### A LINE O' CHEER

By John Kendrick Bangs.

### THE WINTER WINDS

THE winter winds are fiercely keen, But oh, how crisp, and pure, and clean, As sweeping from the northlands chill, O'er woodland deep, and piney hill, They bring to us the precious wealth Of their invigorating health, And stimulate the spirit worn With all the freshness of the season's bloom.

(© by McClure Newspaper Syndicate.)

## Sure Relief FOR INDIGESTION

BELLANS FOR INDIGESTION 23 CENTS  
6 BELLANS Hot water Sure Relief  
25¢ AND 75¢ PACKAGES EVERYWHERE

## Atlas

Radio-Reproduction Gives the Best That's in Your Set—

Tone - Quality. Clarity of reproduction. Sensitivity to signals. Harmonizer adjustment. Ample volume.

For literature send your name to the manufacturer.

Multiple Electric Products Co., Inc. 365 Oden Street Newark, New Jersey

ATLAS products are guaranteed.

## NEW FORD ACCESSORY

Every car owner, both men and women, will buy one or two. Not a luxury, but a necessity. They sell themselves. Live man with some capital and good references to represent us exclusively. Big sellers. Write for descriptive matter.

BOSTON TRAILER COMPANY Boston, Mass. 37 Pearl Street

## Buy Concord Yarns

direct from manufacturer at a big saving. Spun from long combed wool. Write for free samples. Many beautiful shades and heavier textures. 100 per 400 yards. 12.00 per lb. Postage paid on all orders. CONCORD WOVEN MILLS, Dept. 478, West Concord, N. H.

## WANTED—Women to make money at home

Plain home sewing. No canvassing. To prevent curiosity seekers, send 10c (cash) for samples and particulars. SUCCESS SEWING SYSTEM, Box 297, Long Branch, N. J.

## 114-Acre Farm—in Franklin Co., Pa.

near Hagerstown, Md. Rich, smooth level, 19-20m. brick house, barn, macadam road, 22 acres pasture. \$14,900 quick sale. Owner in other business. K. H. Witherspoon, Mercersburg, Pa.

## BEAUTIFY YOUR HOME

With our latest designs in rippled breads in blue, rose or gold; enabling you to carry out your color scheme in the bedroom. Light weight, washable—used no ironing. Sample of material and price list on request. Liberal commission to agents. CANTER & CO., 42 Las Casas St., MALDEN, MASS.

## SIX-CENT SALE. ST. SELF-FILLER Fountain Pen

sent postpaid for \$1. For Six Cents Extra we will send you two pens and our Easy Money Making Plan. SMYTHE, 317 FARGO, BUFFALO, N. Y.

## SELF-THREADING NEEDLES, Latest fashioned, guaranteed, GOLD-ETED, self-threading needles, price postpaid 25c (no stamps). LOW CO., 286 Broadway, NEW YORK.

## BOYS & GIRLS Earn Xmas Money

Write for 50 sets St. Nicholas Christmas Seal. Sell for 10¢ a set. When sold send us \$1.00 and we'll send you \$1.00. St. Nicholas, 2234 Cass Ave., Dept. 5, Brooklyn, N. Y.

## RADIO TUBES \$2.25

Magnatone superior tubes, all types. Money-back guarantee from manufacturer. Sale before Dec. 31, 1924. Prep'd insured delivery. Magnatone Tube Co., World Bldg., New York.

This is a cold, cold world—and the coal man is glad of it.

A torpid liver prevents proper food assimilation. Tune up your liver with Wright's Indian Vegetable Pills. 272 Pearl St., N. Y. Adv.

In love's cup are many spoons.

## The Same Old Backache!

Does every day bring the same old backache? Do you drag along with your back a dull, unceasing ache? Evening find you "all played out"? Don't be discouraged! Realize it is merely a sign you haven't taken good care of your kidneys. Take things easier for a while and help your kidneys with Doan's Pills, a stimulant diuretic to the kidneys. Then the backache, dizziness, headaches, tired feelings and other kidney troubles will go. Doan's have helped thousands and should help you. Ask your neighbor!

### A Virginia Case

Mrs. W. T. Park, 1512 Third Ave., N. W., Roanoke, Va., says: "My kidneys didn't act right and I was troubled with backache. When I stopped, several pains darted across my kidneys, and my back was lame. Black spots jumped before my eyes and I felt very nervous. I used Doan's Pills and they stopped the backache and regulated my kidneys."

(© by Doan's Pills Co., Buffalo, N. Y.)

## DOAN'S PILLS

60c  
STIMULANT DIURETIC TO THE KIDNEYS  
Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

## RESINOL

Soothing and Healing for Skin and Scalp Troubles

A COLD TODAY—DON'T DELAY

ALL CASCARA QUININE  
Cure Colds in 24 Hours  
ZaGrippe ETC. 3 Days  
W. W. HALL, CO., OREGON, ORE.  
SOLE AGENTS: W. W. HALL, CO., OREGON, ORE.

W. N. U., BALTIMORE, MD., 49-1924.