

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

Dover, Del.-"I wish every woman would take your wonderful medicine as it hasdon

rhbor's housean



firstdose before supper. I have been taking it ever since d 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 all the time, and when I started to brush up I would give out in about ten min-utes. So you know how badly I felt. I used to go to bed at eight and get up at seven, still tired. Tow 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. Dover, Delaware.



# **Garfield Tea**

Was Your **Grandmother's Remedy** 



and intestinal ill. This good old-fashloned herb home remedy for constipation, stomach ills and other derangements of the sys-

tem so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.



You may have "told them so," but



ONE day when the sun was shining warm and bright and the peach rees were filled with beautiful blossoms a little evergreen tree growing 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 somehing."

Little evergreen shook itself softly in the breeze and tried to hold up its head, but its heart was so heavy with



Her Green Gown Peeked Through, making a Beautiful Picture.

inhappiness it could do little but look at the pretty peach trees in their new pink gowns and wish it had been ucky enough to have grown up a peach tree instead of an evergreen.

"You wear a beautiful shade of green," said the mother tree, "and It never fades; but through all the win-For every stomach ter you are dressed, while the peach rees 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 jowns worn by those you now envy."

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

"There is something else I have not

LITTLE EVERGREEN TREE 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 everclose by its big mother tree began to green 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.)

Have You This Habit?

### JANE FOOT

THE second Sunday in December larly made out her Christmas list. She explanation : they were sending her in was a very busy woman and the system she had worked out years before of disposing of Christmas shopping within began to assume familiar lines. pleased her efficient soul mightily. A book-rack! Where had she seen this She did not have to make out a new before? Her mind ran back to four list more than once in several years, years ago-that Christmas she had The paper before her she had written bought book-racks at the wholesale five Christmases ago. She had simply house. Was this the book-rack she revised it from time to time by taking had sent Cousin Theophilus, or one off or adding new names. This year that some mutual friend had passed several of the names had blue pencil on to another mutual friend, to be

crosses after them. passed on in turn to Cousin Theophi Each year Jane went to a certain lus, and so finally back to her her told you," said the mother tree, "and wholesale house and bought in large self? So Cousin Theophilus cared no because you are so discontented I quantity some one article. She found more about her Christmas than she did shall keep it for a surprise, for you that it was really not difficult to find about his. Evidently other people had would not think it worth having now. something impersonal that was more the habit of making a business of is in most cases dangerous. Given But this much I will tell you: When or less appropriate for all her list. Christmas, and, as Jane contemplated the winter comes the peach tree will This Christmas she had bought paper her dinnerless day and her returned weights. Each paper weight came remembrance, she no longer seemed done up already in a paste-board box. 10 herself so clever. Outside a street band began to play "God Rest Ye. do up the package in white paper and Merry Gentlemen" and then the habit had a change, but had always to wear string; one evening sufficed. Mean of making a business of Christmas while she congratulated herself on the suddenly seemed a very bad business. intelligence with which she had re-HAVE YOU THIS HABIT? (g) by Metropolitan Newspaper Service.) Jane always counted on Cousin Theophilus for her Christmas dinner. She The Why made no effort to see her cousin or his wife during the year, to be sure, and she made no pretense of caring anyof the time trying to guess what it thing about them-but they had alwould wear when winter came that ways provided her with cranberry Superstitions and turkey; she had come to take "It is cold, mother," said the little Christmas dinner with them for grantevergreen one night. "The wind is ed. So far this year no invitation had By H. IRDING KING come to her. Christmas morning dawned rainy



Miss Pringle, daughter-in-law of Sir John Pringle, once governor of Jamalca, 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 daugh-



By Margaret Morison

THE CENTRE REPORTER. CENTRE HALL, PA.

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 was the day that Jane Foot regu- Cousin Theophilus-so that was the vitation this year with her present. As she undid the wrappings the shaps



Dr. Frederick R. Green, Editor of "Health."

(G. 1924, Western Newspaper Union.) **EXOPHTHALMIC GOITER** 

A LADY writes to me as follows: "Your articles in our focal newspaper interest me very much, especially the one on goiter. I have had exophthalmic golter 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 golter In ordinary goiter the chief and gen erally the only symptom is eniargement 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 lodine and a few carefully administered drugs. Iodine, in large doses, 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



114-Acre Farm-In Franklin Co., Pa., near Hagerstown, Md. Rich, smooth, level, 19-rm, brick house, barn, macsdam road. 28 acres pasture, F14,096 quick sale. Owner in other business, S. B. Witherspoon, Mercersburg, Pa.

#### BEAUTIFY YOUR HOME

With our latest designs in rippled bedspreads in blue, rose or gold: enabling you to carry out your color scheme in the bedroom. Light weight, washable-need no ironing. Sample of material and price list on request. Lib eral commissions to agents. CARTER & CO., 62 Las Casas St., MALDEN, MASS.

remember that saying it inspires resentment.

# WAY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Boot, the great kidney, liver and bladder medi-

It is a physician's prescription. Swamp-Root is a strengthening medi-cine. 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 medi-cine has so many friends. Be sure to get Swamp-Root and start treatment at once

treatment at once. However, if you wish first to test this

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 Trestment, both local and internal, and has been success ful in the treatment of Catarrh for over forty years. Sold by all druggists. F. J. CHENEY & CO., Toledo, Ohio



be envious and not you."

"They won't care for this old green dress," pouted the little evergreen. "I Jane had only to slip in a card, and heard them say it was too bad I never the same green dress."

"I don't mean your green dress," said the mother tree, "though it will duced Christmas giving to a minimum be beautiful then. But something else of effort, thought, time and expense. 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 would make the peach trees envious.

blowing all the leaves from the peach trees, those that hung on to the last;

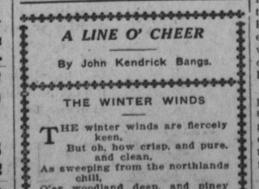
and chill. On the arrival of the postbut I do not wear anything different

# What's in a Name?" FACTS about your name; it's history; BY MILDRED meaning; whence it was derived; significance; your lucky day and lucky jewel MARSHALL

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 Paullus 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.

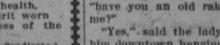
Paula was honored as the feminine of his name and also as the name of she friend and correspondent of Saint



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 () by McClure Newspaper Syndicate.)



tel."

### THE SPILT WINE

IF WINE is accidentally split 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 feats 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

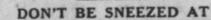
( by McClure Newspaper Syndicate.)

### Daily Dialogue Hoity-Be sure you are right and

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



5-24-542 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.



IF ANYONE spits in your face, you want to tight, don't you? And no wonder. This offensive act has been regarded in all times and among all people as the deadliest form of personal insult.

Yet during the winter you are lucky if a dozen times a day someone doesn't sneeze in your face. You make no objection; in fact, you'd be regarded as a crank and a very unreasonable person if you objected.

State and municipal health boards have passed laws and ordinances, forbidding spitting in public places, and rightly, too. Spitting is a dirty and dangerous habit, of which no decent person would be guilty.

But public sneezing goes on everywhere. In theaters, churches, street cars and offices, especially during the winter months, coughing and sneezing are constant and general.

Yet there is really no difference between having anyone sneeze on you and having the same person spit on you, except that sneezing is much more dangerous. The secretion, in both cases, comes from the throat and nose. Spitting may soil your clothing and hurt your self-respect, but it does no harm to your body. But in sneezing, the air is filled with a fine spray, often germ laden. This air you breathe into your lungs with any germs which it may carry.

A San Francisco lawyer recently wrote the California state board of health: "Why do you forbid spitting in public and permit coughing and sneezing? On my way to my office the other morning, I was sneezed on in the crowded car by eight different people. Of course, I came down with a filthy cold, and the worst of it was that my wife and baby daughter took it, in spite of my precautions."

Public opinion has greatly reduced spitting. As a result, we now have cleaner cars, cleaner streets, cleaner workrooms-let us hope, cleaner homes. Now let's stop public sneezing and have cleaner air.

Don't let anyone sneeze or cough in your face and don't sneeze or cough on other people. Hold your handkerchief over your mouth and nose when you cough or sneeze and so avoid infecting others.

SIX-CENT SALE. 32 SELF FILLER Foun-tain Pen sent postpaid for \$1. For Six Cents Exira we will send you two pens and our Easy Money Making Pian. SMYTHE, 287 PARGO, BUPPALO, N. Y.

SELF-THERADING NEEDLES, Latest fash g needles, price postpaid 25c (no stamps LOW CO., 206 Broadway, NEW YORK

GIRLS Earn Xmas Money Write for 50 sets St. Nicholas Christmas Seels. Sell for 10k a set. When sold send us \$3.00 and heep \$2.00. No work-just fun. St. Hickolas, 2314 Geswood Rd., Dat. W. Breekim, H. Y.

**RADIO TUBES \$2.25** 

Magnatone superior tubes, all types, Momey-back guarantee from manufacturer. Sale Deforest 2014, \$2.50. Prep'd insured delivery. Magnatone Tube Co., World Bidg., New York.

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

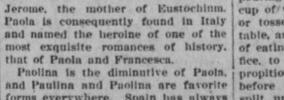
A torpid liver prevents proper food assimila-tion. Tone up your liver with Wright's Indian Vegetable Pills. 272 Pearl St., N. Y. Adv.

In love's cup are many spoons,

The Same Old Backache! 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 kid-neys with Doan's Pills, a stimulant diuretic to the kidneys. Then the back-ache, dizziness, headaches, tired feelings and other kidney troubles will go. Docsn's have helped thousands and should help you. Ask your neighbor! A Virginia Case







and named the heroine of one of the most exquisite romances of history. that of Paola and Francesca. Paolina is the diminutive of Paola,

and Paulina and Paolina 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 implore the gods for good luck. sake of that favorite grandchild whose Christian name is almost the only one mentioned in Madame de Sovigne'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 Paolino 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 pepularity 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.)

She Knew Him

"Mrs. Jones," said the gardener, 'have you an old rake you can lend

"Yes," said the lady, "you will find him downtown hanging around the ho-