

Sure Relief FOR INDIGESTION



BELL'S
INDIGESTION
REMEDY
6 BELL'S
Hot water
Sure Relief
25¢ AND 75¢ PACKAGES EVERYWHERE
Dr. J.D. KELLOGG'S
ASTHMA
REMEDY
No need to spend restless, sleepless nights. Irritation quickly relieved and rest assured by using the remedy that has helped thousands of sufferers. 25 cents and \$1.00 at druggists. If unable to obtain, write direct to: NORTHROP & LYMAN CO., Inc., Buffalo, New York. Send for free sample.

PARKER'S HAIR BALSAM
Restores Color and
Beauty to Gray and Faded Hair
HINDERCORNS Removes Corns, Calluses, etc., stops all pain, ensures comfort to the feet, makes walking easy. Use by mail or at Drug-ists. Hiscot Chemical Works, Patheon, N. Y.



Is Your Blood Starved?

ARE you unknowingly handicapping yourself in this life race? Is it blood starvation—lack of energy-building elements—that is heading you toward failure . . . unhappiness? Examination shows that 80 out of 100 men and women are Anemic . . . and don't know that this condition is responsible for their loss of energy . . . ambition. Press your thumbnail as illustrated above. Unless the blood comes rushing back Anemia is indicated. Gude's Pepto-Mangan is the tried way to revitalize the blood. For thirty-two years physicians have prescribed it. Its rich iron and manganese content have restored health to thousands. Your druggist has Gude's Pepto-Mangan in either liquid or tablet form.

Gude's Pepto-Mangan Tonic and Blood Enricher

He who undervalues himself is justly undervalued by others.
DEMAND "BAYER" ASPIRIN
Take Tablets Without Fear If You See the Safety "Bayer Cross."
Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 23 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.
He conquers who conquers himself.

GET FEELING WELL AGAIN

From Mother Nature's storehouse we have gathered the roots, herbs and barks which are compounded, under the famous Tanlac formula, to make Tanlac. This great tonic and builder has brought health and strength to millions. If your body is weak and undernourished, if you can't sleep or eat, have stomach trouble or burning rheumatism, just you see how quickly Tanlac can help you back to health and strength. Most people notice a big change for the better after the very first bottle. They have better appetites and more pep. The sparkle comes back to their dull eyes and color to their faded cheeks. Don't delay taking Tanlac another precious day. Stop at your druggist's now and get a bottle of this, the greatest of all tonics. Take Tanlac Vegetable Pills for Constipation.

TANLAC FOR YOUR HEALTH

BEST for the Complexion

The beauty of Glenn's is the beauty it brings to the complexion—soft, smooth, clear white skin, free of pimples, blackheads or other blemishes.
Glenn's Sulphur Soap
Contains 33 1/3% Pure Sulphur. At Druggists.

Something to Think About

By F. A. WALKER

MERELY ROTATING

AMONG the restless men and women of this nervous age are those who take up their pursuits much in the manner of spinsters who are given to knitting and dreaming. Often they start to crochet a muffler and end by playing whist. They are good-hearted souls but moved mostly by impulse. When the spirit stirs them they are off in a flash, but in a little while they toss aside their work, stare vacantly about, dab their noses with powder, light a cigarette or take a nap. They are not in tune with the higher activities of the serious-minded. Their happiness, if they have any at all, reposes on a precarious base. They nod pleasantly enough, smile benignly and tell the less fortunate what should be done to set mankind on a higher pedestal. Yet these would-be instructors have no valid interest in vital things, no goal to which they are pressing their way, no thought beyond themselves. They are merely rotating in their own prescribed orbit.

Living in ease on money earned and saved, by frugal ancestors, they find their greatest pleasure in feigning wisdom and handing out advice. Their intentions are good from top to bottom. They are neither better nor worse than the common run of mortals, being generally amiable and kind, their counsel is usually disregarded.

Even the man that digs ditches stops his ears, for in his opinion he is judge and jury unto himself, and such a pleader in his court will not be tolerated.

To do the most good in this world, we should become one of the world by intimate association, speak its lan-

Your Last Name

IS IT THOREAU?

THOREAU is said to be equivalent to the more usual name Bull, for Thoreau is the old French form of tureau, or taureau, meaning bull. These names may originally have been taken as nicknames describing physical or mental characteristics, or from shop signs, which some authorities think much more likely.

The name Thoreau is known here chiefly as the name of Henry Thoreau, who married the daughter of a New England clergyman and was the son of John Thoreau of the Isle of Jersey, who married a Scottish woman named Burns in Boston. John was son of Philippe Thoreau and Marie Gallais, of pure French blood, who settled at St. Hillier in Jersey.

Henry Thoreau thus had a New England mother, a Scotch grandmother with a mixture of Jersey and French blood besides. The family in this country was never wealthy, but always highly respected and above the average in mental endowments.

"STEWART"—This name, says one authority on name origins, has had its ups and downs. It is derived from two words, sty and ward, and in its earliest form literally means keeper of the

A Large Order

"No one," said Fox, "could really be in love with Mrs. Siddons. Her scale, the huge structure of her genius, precluded any tender approach. In the court of love, as humanity knows it, her head would be sticking out through the roof. You might as well cherish a passion for Ursula Major or for the East India company."—From "The Right Place," by C. E. Montague.

WORK ON

WORK ON

By DOUGLAS MALLOCH

WORK on! Whatever your desire, What peaks above you your intent, Work on, and never dare to tire Until you know accomplishment. The humble task is yours today; However humble, do it well; To larger things it leads the way— Perhaps tomorrow—who can tell?— Work on!

Work on!—By working learn to do The mighty task that lies ahead. New duties are awaiting you— Remember, and be comforted. The river, harbor, then the seas, So shall we on to greater things— Yes, new responsibilities. Your toil today tomorrow brings. Work on!

Work on!—The goal will yet be yours. The post of honor, fortune, fame; He wins the most who most endures. Who onward ever upward came. And dream not then of idleness. For you must labor even then. Your wealth, experience, success, Must use to serve your fellow men— Work on!

SCHOOL DAYS



Eventually the steward or Stewart was an official attached to the household of a prince or nobleman, and it is in this capacity that the royal Stewart family derived the name.

There was a Norman baron Alan whose eldest son, William, became the progenitor of the earls of Arundel in England and whose younger sons, Walter and Simoif, went to Scotland. Walter became high steward to King David I of Scotland, and when one of his successors, also named Walter the Steward, married Marjorie Bruce in 1315, the family became royal. Many of the Stewarts and Stuarts of the present time claim, with good enough grounds, to be descendants of this union.

The Appleton Family

Mr. Lysander John Appleton
Mrs. Lysander John Appleton
Miss Daysey Mayme Appleton
Master Chauncey Devere Appleton
IT IS Mrs. Lysander John Appleton's opinion that a literal interpretation of that old command, "Put your best foot forward," means to hang all of her and Daysey Mayme's ruffled, tucked and lace-trimmed underwear in the front yard on washday, and the patched and tattered arms and legs belonging to her husband and son in the rear.

Unless something happens to remove Chauncey Devere Appleton from the atmosphere in which he is living, he will grow up as suspicious of what the women call love as a rat is of cheese.

The greatest sorrow of Daysey Mayme's life is that she is misunderstood by her own family. Many an evening she finds herself so lonesome when with them, that she walks out to the gate alone and looks up at the stars, and when she can't get out, she will stand at a window and look wistfully into the dark. Daysey Mayme frequently looks wistfully into the dark, having learned from the books that this is a symptom of Soulfulness. So one night she soaked her pillow with tears in her yearning for the Un-

Mother's Cook Book

Let's resolve: To see the big things and forget The little nagging ones that fret— The tiny things when added up Can fill with bitterness the cup.

FOOD FOR INVALIDS

GREAT care should be used in the kind of food given the sick. One who has been living on a liquid diet for some time should be given semi-solid foods very gradually. The first meat should be in the form of scraped beef, panada of chicken or finely minced lamb. Poached eggs, baked potatoes and baked apples will add variety.

The Young Lady Across the Way



The young lady across the way says the statistics show that married men live longer than bachelors and this is one more argument in favor of leading a double life.

POINTS ON KEEPING WELL

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

CAUSES OF MENTAL BREAKDOWN

THANKS to numerous newspaper and magazine articles, health talks, and instruction in the public schools, it is now more generally recognized than ever before that the human body is a machine which must be wisely treated and well taken care of if it is to do good work. But the mind is still regarded by most people as something strangely mysterious and beyond understanding.

In the romantic novels which our grandmothers read, the heroine was always supposed to have "brain fever," whatever that was, after the shock of desertion of her lover, abandonment by her husband, or whatever other trials the author subjected her to. The idea still prevails that mental conditions are due largely, if not entirely, to love, grief, separation or other purely emotional states.

As a matter of fact, the workings of the brain are influenced by the same conditions as those affecting other structures of the body. Poisoning, either from within or without the body, and insufficient or improper nourishment are responsible for most cases of mental breakdown, just as they are responsible for most serious affections of the heart, the kidneys or the stomach.

A careful study of 210 patients in a hospital for mental cases showed that 25, or 10 per cent, of the cases were due to direct infections of the brain, causing some form of meningitis. These infections came through the mouth, the nose, or the ear, and were prevented, of course, by infection of some part of the body. In 7 1/2 per cent, the mental disorders were due to infections in more distant structures, such as the teeth, the tonsils, the gall bladder, or the appendix. In these cases, the infection was carried to the brain not directly but by the blood current. Ten per cent of the cases were due to the use of alcohol or some other drug. Twenty-six per cent were due to some defect in the constitution at make-up, that is, to some deficiency at birth of the brain or some other part of the body. Five per cent were due to old age, softening of the brain, etc.; 37 per cent to gland deficiency, such as defects of the thyroid gland in cretinism; 10 per cent to defective food, prolonged physical work, either in the hot sunshine or under abnormal heat conditions, to childbirth, and similar conditions. Only 15 cases, or about 7 per cent, were due to mental shocks, unbearable situations, excessive emotions, or great sorrow.

The normal human being is so constituted, mentally and physically, that he does not give way under mental strain or natural emotion. We all of us have our trials. If we were not able to stand them, most of the human race would be insane.

WHAT CAUSES BLINDNESS?

THE United States census report for 1922 shows that there are 52,567 blind persons in this country. In 25,788 of these, definite information was obtained as to the cause of their blindness.

In 13,818 cases, or 53 per cent, blindness was caused by some disease of the eye, itself, such as cataract. In 5,923 cases, or 15 per cent, blindness was the result of some general disease. The principal diseases which may cause blindness are measles, scarlet fever, diabetes, meningitis, influenza, Bright's disease, typhoid fever, and smallpox. Accidents were responsible for 5,913, or 16 per cent. Atrophy of the optic nerve, a mysterious condition in which the nerve of the eye shrivels up and becomes useless, caused 1,765 cases, or 5 per cent. Ophthalmia neonatorum, or sore eyes of new-born babies, caused 1,198 cases, or 3 per cent. This disease is gradually disappearing owing to the passage in most states of laws requiring the use of a weak silver nitrate solution in the eyes immediately after birth. Trachoma, or granulated lids, as it is sometimes called, caused about the same number of cases as ophthalmia neonatorum. Poisoning by wood alcohol and other poisons was responsible for a considerable number of cases.

Since the cause of blindness are so numerous, the prevention of blindness necessarily covers a wide variety of subjects. Blindness following contagious diseases can only be prevented by preventing the diseases which cause it, but accidents can be very largely prevented by proper precautions. The National Safety Council, by a widespread educational campaign in factories and workshops during the past ten years, has greatly reduced the number of accidents to the eyes. Shields for drilling, filing and grinding machines, the use of goggles in all work in which the eyes might be injured, and the use of protective screens for blast furnaces, welding apparatus and other operations requiring strong light and high degrees of heat have greatly reduced the number of eye accidents.

Don't take any chances with your eyes. You can't get along without them either in enjoying your life or in earning your living.

After Every Meal
Give the family the benefit of its aid to digestion. Cleans teeth too. Keep it always in the house.
"Costs little—helps much"
WRIGLEYS
Gifts Divided
Visitor (to fond mother)—That boy of yours seems to have a rare thirst for knowledge.
Mother—Yes. He gets his thirst from his father, and his knowledge from me.

Permanent roads are a good investment—not an expense.
The High Cost of Postponing Permanent Highway Building
Poor motor roads stifle industry and agriculture; waste huge sums annually in high maintenance costs, and greatly increase gasoline, tire and repair bills.
There is not a state, not a county, not a community, that isn't paying a heavy price for having too few permanent roads.
There are still many sections of the country—even whole states—that are trying to operate twentieth century traffic over nineteenth century roads.
This is costing millions of dollars every year, and will keep on costing millions until we have well developed permanent highway systems every where.
Even what we often call the more progressive communities are far behind the demands of modern highway traffic with its 16,000,000 motor vehicles.
From the Atlantic to the Pacific, and from Canada to Mexico, we need more Concrete roads—the roads for twentieth century traffic.
Your highway officials want to be of the greatest possible service to you. Get behind them with ways and means that will provide more Concrete roads and streets. Such an investment will pay you big dividends year after year.
PORTLAND CEMENT ASSOCIATION
111 West Washington street CHICAGO
of National Organization to Improve and Extend the Uses of Concrete
Offices in 29 Cities

bake it best with **DAVIS BAKING POWDER**

Rheumatism or Fiery Irritated Joints
EASES QUICKLY! WHEN YOU APPLY CAMPHOROLE
No matter how long you have suffered from this most distressing complaint a speedy relief from your suffering is now offered you. Wonderful results are realized at the first trial of CAMPHOROLE. Do not wait and suffer. Send to your druggist and get a trial size of CAMPHOROLE for a few cents. You'll be astonished how quickly it soaks right into the bone, the very seat of the ailment, and quickly loosens up those stiff, rheumatic joints, soothes and heals the inflamed surface and draws out the pain.
You'll then know why thousands use CAMPHOROLE, once you try it, and realize how good it is for Acute and Chronic Rheumatism, Stiff, Aching Joints, Neuritis, Neuralgia and Lumbago.
At All Druggists
Beware of Substitutes
Dr. Brigodell's Camphorole, Atlantic City, N. J.
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