

Sure Relief FOR INDIGESTION

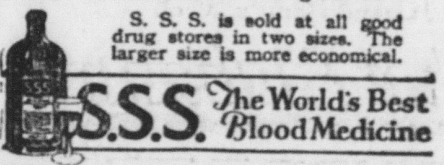


BELLANS INDIGESTION 25 CENTS
6 BELLANS Hot water Sure Relief
BELLANS 25¢ AND 75¢ PACKAGES EVERYWHERE

S.S.S. stops Rheumatism

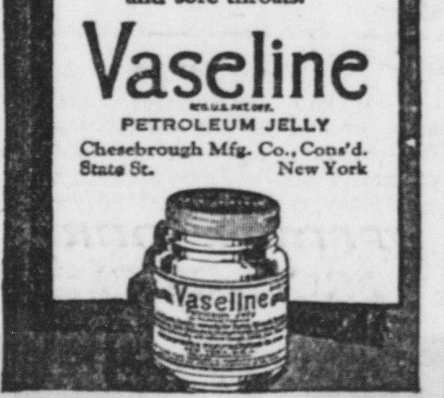
"MY Rheumatism is all gone. I feel a wonderful glory again in the free motion I used to have when my days were younger. I can thank S. S. S. for it all! Do not close your eyes and think that health, free motion and strength are gone from you forever! It is not so. S. S. S. is waiting to help you. When you increase the number of your red-blood-cells, the entire system undergoes a tremendous change. Everything depends on blood-strength. Blood which is minus sufficient red-cells leads to a long list of troubles. Rheumatism is one of them." S. S. S. is the great blood-cleanser, blood-builder, system strengthener, and nerve invigorator.

S. S. S. is sold at all good drug stores in two sizes. The larger size is more economical.



S.S.S. The World's Best Blood Medicine

Always
A safe and soothing remedy for cuts, burns, or skin troubles. Protects, relieves and heals. Take internally for coughs and sore throats.



In a recent census in India, 57 different languages were returned as mother tongues by the inhabitants of Calcutta alone.

Motherhood!

Roanoke, Va.—"Several children had been born to us before I heard of Dr. Pierce's Favorite Prescription. I have, therefore, had the experience of passing thru expectancy with, and without, the aid of 'Favorite Prescription.' Had I been told that anything could have made the difference I experienced I would never have believed it. While taking the 'Favorite Prescription' I was able to attend to my household, rest at night, and my appetite was good all the time and I had comparatively no suffering."—Mrs. Lillian Duke, 929 Shenandoah Ave. All medicine dealers.

NOTICE!

To Livestock Owners
If You Own Any Horses, Cattle, Poultry or Hogs, by All Means Read This.

Safeguard your stock against the costly ravages of quick-spreading disease. Nature has provided wonderful health-giving roots and herbs which have proved unfailing in thousands of cases. These are combined in a time-tried, reliable remedy, Porter's Pain King—the standby of hundreds of farmers in this community. They recommend it highly for sores, colds and distemper in horses and for soreness of the udder, caked teats, and bloat in cattle. With chickens becoming better money-earners, there is an increasing use of Porter's Pain King by careful poultry raisers everywhere. It is a positive relief for gonorrhea and parasitic growths. Sick hens are not good layers. Use Porter's Pain King at the slightest sign of trouble. Just follow the directions with each bottle. It may save you several hundred dollars. Your dealer guarantees satisfaction or money back.

CHERRY-GLYCERINE COMPOUND
FOR
COUGHS, COLDS, BRONCHITIS
AND THROAT AFFECTIONS
FOR SALE BY ALL DEALERS
PREPARED BY
JAMES BAILY & SON
BALTIMORE, MD.

HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

WHAT SCHOOLS NEED

THE little red schoolhouse of our grandparents is gone. In its place are handsome brick, stone and frame structures, containing assembly rooms, laboratories, classrooms, gymnasiums, swimming pools and a dozen other luxuries unheard of until recently. How much is necessary and how much is superfluous? What equipment should the simplest and cheapest schools have? What is the very least that the school can provide for the child's health? What are the features in a schoolhouse which are indispensable?

1. Enough window space to admit an abundance of light and fresh air for every pupil. These windows, so far as possible, should be to the left and the rear of each room, so that the light may come over the left shoulder and so that there may be the least possible amount of eyestrain. Each window should have a reflecting screen, set at 70 degrees, so that the air may be admitted and thrown up to the ceiling, without causing a direct draft.

2. A heating plant, whether stove, hot air furnace, steam or hot water, which will furnish enough heat to keep each room at 68 degrees Fahrenheit. A reliable thermometer should be placed in each room.

3. A supply of pure drinking water. If from wells, these should be tubed and protected at the top from surface pollution. The old-fashioned open well, with the bucket and windlass or the chain and bucket pump, are especially dangerous. The force pump is safer provided the top of the well is sealed. 4. Individual drinking cups for each pupil. Common drinking cups have been abolished in railway trains, sleepers, depots, hotels and all other public places. They are more dangerous in a schoolhouse than anywhere else, as in nearly all children's diseases infection is by means of throat and nose discharges.

5. Clean wash bowls, hot water and individual towels and soap, so that the children can keep their hands clean. Dirty hands are a frequent means of infection. 6. Clean, sanitary, fly-tight toilet accommodations. 7. Frequent school inspection by competent physicians, to detect the beginnings of epidemics, protect the healthy children from infection, make necessary physical examinations and advise with the teachers and school authorities as to the health and well-being of the children. 8. Seats which permit the child to do its work in a natural and comfortable attitude.

Has your school these eight essentials? If it hasn't, it is lacking, no matter how imposing the building nor how handsome the decorations.

PROTECTING SEA FOODS

MAN is the most wasteful animal on earth. The so-called "lower animals" eat what food they need each day and stop when they have had enough. Man not only eats more than is good for him and thereby shortens his life, but he also wastes more than he uses.

When supposedly civilized man came to the new world, he found it so vast and so rich that he thought it was inexhaustible, so he proceeded to lay it waste as no other animal would have done. Buffalo, which the early explorers found in millions on the western plains, were shot down wantonly for their tongues and hides. The magnificent white pine forests which covered Michigan, Wisconsin and Minnesota were slashed to bits by "lumber kings," who in a few years destroyed forests that would have supplied the nation with lumber for centuries, if any sense or moderation had been used. Today, our reforestation boards and commissions are trying to repair a small part of the damage done by a few men in a few years.

Evidently, the products of the sea are no safer than the resources of the land. While the oyster is being poisoned by sewage, crabs, another equally delicious and healthful sea food, are being destroyed by dredgers. "Only a few years ago," says the Richmond Times-Dispatch, "a boy with a net and a piece of string could catch a bucketful of crabs from any of a hundred wharves in Virginia."

The present-day fisherman has more advanced methods. Swift and powerful motorboats haul "drags" over the sea bottom. For every crab caught by the drag and lifted to the surface, four are torn loose from their spawning places and set adrift. They wash up on the beach dead and worthless. Not only wasted as food but, what is worse, wasted as producers of more food.

There is plenty of food in the world for everybody. But much is wasted through man's greed or ignorance. No farmer would buy a reaper that only gathered one grain of wheat out of every five and that destroyed his next year's seed as well. Sea products are necessary and valuable foods. They should not be wasted to enrich the few.

When Tipping May Stop
Tipping can be absolutely stopped when everybody is perfectly satisfied to be treated no better than anybody else.—Boston Globe.

THE SANDMAN STORY

SPARROW AND ROBIN

MRS. CHIPPY SPARROW sat under an overhanging ridge of the house on a shutter. It was raining, and Mrs. Chippy was not happy. "Never saw such weather," she grumbled. "A body can't get a bite to eat while it lasts."

Mrs. Robin sat on the bough of a tree close by under some leaves, but she piped her cheery song just the same. "I don't see how you can sing," said Mrs. Sparrow. "You are going to have a wet nest if this lasts and, anyway, you can't get anything to eat with the rain coming down like this."

"Oh, but it will make everything nice and clean," chirped Mrs. Robin. "And then think of all the worms we can get after the rain is over." "Over!" grumbled Mrs. Sparrow. "That is just it, if it ever is over."

"Never Saw Such Weather," Mrs. Chippy Sparrow Grumbled.

"Great big crumbs," grumbled Mrs. Sparrow. "Have to peck and peck at them before I can swallow them. If I threw out crumbs I would break them up as they should be broken."

"There, what did I tell you? It's raining again," she went on, flying back to her shelter place. "It is a

AS TOLD BY Irvin S. Cobb

THE CURIOUS DARKY

AN ATLANTA cotton broker had occasion to take a business trip into interior Georgia. He bore his golf clubs with him, intending to stop off upon his way back for a match on the famous links at Augusta. He dropped off the train at his business destination—a small town on a branch road—and, carrying his luggage, climbed into an ancient hack and bade the driver, who was an old negro man, take him to the local hotel.

The darky eyed the queer-looking leather bag that the stranger toted, with the peculiar looking sticks in it. His curiosity got the better of him. "Boss," he began, "please sah, 'scuse me—but mout I ax you a question?" "Go ahead and ask," said the passenger.

"Whit kind of a lodge is you in-stittin' in?" (Copyright by the McClure Syndicate, Inc.)

QUESTIONS FREE
Caller—But you wouldn't charge me anything for the little legal questions I asked you.
Lawyer—I haven't. What I've charged you for is the answer.

"What's in a Name?"

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

MAUDE

MAUDE, signifying "mighty battle maid," was interchanged in former times with Mathilda, the first instance of its double use being the daughter of Henry I, who was known by both names. But this is not its etymological origin, since Maude was primarily a man's name. But Maud, Mauid, and Mauid appear early as a feminine name, also Mahaid, and Mahait. The Twelfth century reveals a woman named Mahaid vel Mathilda, about whom little is known.

Many poets have felt inspiration at the name. "Maude Muller" is known to everyone; likewise this excerpt from that musical lyric, "Maude":
Maude with her exquisite face,
And wild voice pealing up to the sky,
And feet like sunny gems on an English green,
Maude in the light of her youth and her grace,
Singing of Death and of Honor that cannot die,
Till I well could weep for a time so wondrous and mean,
And myself so languid and base.

Maude's talismanic jewel is malachite, which is said to warn its wearer of approaching danger by breaking. To be especially lucky it should be

Malcolm McGregor



This handsome young leading man in the "movies" is an American by birth. He went through the elementary schools, and then entered Yale university. His athletic nature made it inevitable that he should go into sports, and so it was that he made the Yale team for several years. It was while at Yale that he met the prominent producer who induced him to enter motion pictures.

hard world to live in. Things are always wrong." Mrs. Robin flew away to another tree. "If I stayed there and listened to her faultfindings I might get to be as dissatisfied as she is," she chirped. "I don't see anything wrong with this world. It is a pretty nice place to live in, I think."

Mrs. Robin's way of seeing the world was much happier than Mrs. Sparrow's, don't you think it was? (© by McClure Newspaper Syndicate.)

Have You This Habit?

By Margaret Morison

HARRY HERRIOT

HARRY HERRIOT, even as a little boy, had the habit of hurry. He would gulp down his porridge long before his brothers and sisters had finished theirs, and he always rushed away to school with a button off or his hair unbrushed. In his room at home, his mother and father had hung up appropriate mottoes; but these, as he grew up, seemed to have had no effect. "Whatever is worth doing at all is worth doing well," and "Never pull trigger before you take sight," left him unregenerate.

As a man he never could bear a long train journey because, he said he always was trying to get ahead of the engine. His friends eventually got used to having Herriot pass them by the street unseeing, and came to attribute his oversights to that strained expression of his eyes, as if mentally he had arrived long before his physical body could bring him to his destination. His wife knew that she would find him pacing up and down the floor if inadvertently she kept him waiting for a minute, and his children were quite accustomed to hurrying through their meals. Even his broker realized in the end that, willy-nilly, Harry Herriot would buy above par and sell below if the alternative were patience with the market.

Then, one February, Herriot took a



Truth in Advertising
Dumb Dora (reading sign over ticket office)—Oh, John, it says, "Entire Bacony 35 Cents." Let's get it, so we'll be all alone.—De Pauw Yellow Crab.

A LINE O' CHEER

By John Kendrick Bangs

A PROMISE

JUST for Today
As on you run your way
Do all you can amid the rough
and rubble
Completely to forget
Your own regret,
And bear a bit of 'other fellows'
trouble.
I promise you that you
If this course you pursue
Will find that bit of kindly self-
denial
Down the road
Will cut at least in half the
pressing load
Of your own trial.
(© by McClure Newspaper Syndicate.)

OH!
She: How long have you realized that you couldn't live without me?
He: Ever since the manager raised you to \$200 a week.

bake it best with

DAVIS
BAKING POWDER

Men's Faces
All men's faces are true, whatever their hands are.—Shakespeare.

Help That Achy Back!

Are you dragging around, day after day, with a dull, unceasing backache? Are you lame in the morning, bothered with headaches, dizziness and urinary disorders? Feel tired, irritable and discouraged? Then there's surely something wrong, and likely it's kidney weakness. Don't neglect it! Get back your health while you can. Use Doan's Pills. Doan's have helped thousands of ailing folks. They should help you. Ask your neighbor!

A Virginia Case

Mrs. H. G. Border, 115 S. Lexington Ave., Covington, Va., says: "I suffered from darting pains in my back. I had nerve-racking headaches and my kidneys didn't act right at all. I Doan's rid my back of the pain and regulated my kidneys. I felt better in every way."

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

DR. HUMPHREYS' "66" FOR

COLDS GRIP INFLUENZA

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% Pure Sulphur. As Druggists.

MOTHS Bee Brand

INSECT POWDER
It kills them!
Bee Brand Insect Powder won't stain—or harm anything except insects. Household sizes, 10¢ and 25¢—other sizes, 50¢ and \$1.00, at your druggist or grocer. Write for Free Booklet, "It Kills Them!"
McCORMICK & CO., Baltimore, Md.

Mother of Nine Convinced After One Dose

"Your pills certainly have done 'wonders' for me. I am thirty-eight years of age, been married thirteen years and am the mother of nine children. I was suffering from headaches and constipation for nearly fifteen years. One day I bought a box of Beecham's Pills. One dose was a 'life saver' to me. Since then I have had no more headaches, and my health is good. I recommend them to whomever I meet." Mrs. H. La Vigne, Jersey City, N. J.
For FREE SAMPLE—write
R. F. Allen Co., 417 Canal Street, New York
Buy from your druggist in 25 and 50¢ boxes
For constipation, biliousness, sick headaches and other digestive ailments take

Beecham's Pills

The New Freely-Lathering
Cuticura
Shaving Stick
For Tender Faces
EMOLLIENT MEDICINAL ANTISEPTIC

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY
for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 Cents and one dollar. Write for FREE SAMPLE.
Northrop & Lyman Co., Inc., Buffalo, N. Y.

Dr. J. D. KELLOGG'S ASTHMA REMEDY