

SICK 3 YEARS WITHOUT RELIEF

Finally Found Health by Taking Lydia E. Pinkham's Vegetable Compound

Columbia, S. C.—"Your medicine has done me so much good that I feel like I owe my life to it. For three years I was sick and was treated by physicians, but they didn't seem to help me any. Then I took Lydia E. Pinkham's Vegetable Compound and got strong enough to do my housework, where before I was hardly able to be up. I have also taken the Vegetable Compound during the Change of Life and it has left me in good health. I recommend it as the best medicine for women in the Change of Life and you can use these facts as a testimonial."—Mrs. S. A. HOLLEY, R. F. D. No. 4, Columbia, South Carolina.

Why suffer for years with backache, nervousness, painful times and other ailments common to women from early life to middle age, when Lydia E. Pinkham's Vegetable Compound will bring relief? Take it when annoying symptoms first appear and avoid years of suffering.

In a recent country-wide canvass of purchasers of Lydia E. Pinkham's Vegetable Compound over 200,000 replies were received, and 98 out of every 100 reported they were benefited by its use.

New Zealand's Caves

Stalactite caves have been discovered near the head waters of the Waitoto, New Zealand's principal river. They are stated to be superior to the Waitomo limestone caves, 120 miles from Auckland. The existence of these Waitoto caves have been jealously guarded by the Maoris, as they used them as a burial ground for ancient tribal chiefs. The caves are magnificent in grandeur and brilliantly illuminated by millions of glow-worms. The Waitomo caves have a great reputation. They are illuminated by magnesium, and one is entered by a boat—Family Herald.

Shave With Cuticura Soap

And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Advertisement.

News From School

Alice had learned the story of Columbus at school, and was telling it to her mother. "An' his ships were named the Nina, the Pinta and—and—" "Santa Maria," prompted her mother. "Yes, and the queen's name was—was—" "Isabella," suggested the mother. "Mother," demanded Alice, with sudden suspicion, "have you ever heard this story before?"—Western Christian Advocate.

You never can tell. It isn't always the fellow with the broadest shoulders who carries off the honors.

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To procure detectives' instructor. Price \$1 complete; no school; make money, old prohibition enforcement. HAY'S NATIONAL DETECTIVE AGENCY WICHITA, KANSAS.

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Sample 5¢ cents. Agents wanted. Aut. tube repairs made while you wait. Write ACCESSORY DEPARTMENT NO. 2, Union Mortgage Bldg., Cleveland, Ohio

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

(© 1925, Western Newspaper Union.)

HEALTH FIRST

ONE of the most valuable movements of recent times has been the "Safety First" campaign. It was unheard of 20 years ago. People were killed or injured on railroads, street cars and steamers. Workmen were killed, maimed, blinded or otherwise injured in factories and machine shops. Everyone said that a certain number of accidents were bound to occur; that they couldn't be prevented.

Then some skeptical gentlemen began to look into the matter. They found that there was almost no such thing as an unpreventable accident. Every time any one was hurt, someone was at fault, not knowingly or intentionally, but through carelessness, thoughtlessness, stupidity or ignorance. Then they got the big corporations and the large employers of labor interested. They showed them that accidents were not only largely preventable but also that they were very expensive, both to the men who were hurt and to the firms they worked for. In a word, they showed that accidents were pure waste. And waste is just waste. It's time and money and energy and life thrown away. It never does anybody any good and it does everybody harm.

So they started the National Safety Council and took as their war cry in their battle against unnecessary accidents—"Safety First." Today you'll see that sign everywhere, on railroad trains, in factories and shops, even on the little stool the pullman porter sets out for you to step on. Industrial accidents have been greatly reduced as a result, though the steadily increasing number of automobile accidents is more than making up for this reduction. If Safety First, why not Health First? A man is just as dead if he dies of typhoid fever as he is if he is struck by a train. A child who dies of diphtheria is just as dead as one run over by an automobile. And typhoid and diphtheria are more easily prevented than train or automobile accidents.

Most disease is due to carelessness, thoughtlessness or ignorance. We eat too much and then wonder why so many of us die from apoplexy. We run for street cars and trains and can't understand why our middle-aged friends died of heart failure. We overwork our bodies and then bewail the fact that so many of us die from Bright's disease. We expose ourselves to infection and think it strange that we have influenza and pneumonia. Most disease is due to someone's ignorance or carelessness. Learn how to live, be more careful and so live longer and happier lives. It's worth trying, anyhow.

GETTING NEXT TO NATURE

GETTING next to nature is the present-day fad, especially during the summer months. This is all right but for those who are going out into the woods and fields, it is also desirable for those to "get next" to nature for their own protection.

For there are dangers in the fields and woods, as there are in the crowded city streets and the tenderfoot who picks some pretty little white berries may regret his enthusiasm as much as does the city girl who tries to pet the "lovely little black-and-white kitty" she meets in the woods.

There are three common and poisonous plants which every one going on a vacation or even to picnics ought to know. They are the poison ivy, the poison oak and the poison sumac. While it is well to know how to treat ivy poisoning, it is far better to learn to recognize these poisonous plants and to stay away from them.

Poison ivy is by far the most common. It is usually found in patches, either close to the ground or growing about one foot high. It has broad, pointed, bright green leaves which always grow in clusters of three. It has greenish-white berries.

Poison oak is a shrub with oval pointed leaves in clusters of seven to thirteen. Its berries are greenish-white.

Poison sumac grows on swampy ground, so that, although it is the most poisonous of the three, it is not so dangerous, as it is harder to get to. Sumac is a bush from three to five feet high. Its bright green leaves grow in clusters of from seven to thirteen. Its berries, like the poison oak berries are greenish-white.

These characteristics of the three poisonous plants have been put into rhyme. Learn this and follow it and you will be safe from poisons in the woods.

Berries red, do not dread.
Berries white, poisonous sight.
Leaves three, quickly flee.

Poisoning generally results from picking the leaves or breaking the stems and getting the sap on the skin or crushing the berries. Infection is much more apt to follow if the skin is moist, either from bathing or perspiration.

Even with the utmost care, one may unconsciously come in contact with one of these poisonous plants during a stroll or hike through the woods. Keep the hands away from the face. As soon as possible scrub the skin, especially the hands, with strong soap suds. Any kind of soap will do, as soap suds destroys the poison.

HORSERADISH FLAVOR IN SAUCE FOR BEETS

Most Delicious When They Are Boiled in Skins.

(Prepared by the United States Department of Agriculture.)

Tiny, tender, new beets are most delicious to many people when simply boiled in their skins, peeled, and served sliced or diced with plenty of butter, and salt and pepper for seasoning. Medium-sized beets may be cooked so that they are also very good, and served in the same way. The time of cooking may be shortened by paring and dicing them before boiling. An acid flavor is often liked with beets, and sometimes when vinegar is used as the acid, a little sugar is added also. Various condiments combine well with the flavor of beets, particularly horse-



Milk Improves Beets.

radish and ginger. The United States Department of Agriculture has found the recipes below satisfactory when these flavors are liked.

Beets With Sweet-and-Sour Sauce.

1 beets diced	4 tablespoonfuls butter (cream dilute with water if very strong)
1 cupful vinegar	1 teaspoonful salt
1/2 cupful sugar	1/2 teaspoonful pepper (less if desired)

Boil the beets until tender. Mix all ingredients, cook until thick, stirring constantly. Let stand ten minutes over hot water to blend flavors. The sugar and vinegar must be properly balanced. If the amount of either is increased or decreased, the other must be changed accordingly.

For variety two tablespoonfuls of freshly grated horseradish may be added just before serving; or a few grains of nutmeg, ginger, or cinnamon may be cooked with the sauce. The addition of one-half cupful or more cream or rich milk imparts a delicious flavor and makes the sauce a beautiful pink color.

Apple Blossom Soup.

The addition of three cupfuls of rich milk, or half milk and half cream to the sweet-and-sour beets cooked as above will result in a delicately colored soup, resembling apple blossoms in color and of very good flavor. The mixture should stand for 15 or 20 minutes, and then poured through a coarse strainer to remove the beets, which are to be served separately at some other meal. The soup may be garnished with a teaspoonful of whipped cream or cooked beets cut in fancy shapes.

VEGETABLES SERVED RAW FOR CHILDREN

Everybody Needs All Three Kinds of Vitamins.

(Prepared by the United States Department of Agriculture.)

"Have you had your vitamins today?" is one way of turning a popular form of slogan into a practical thought-provoking question. Everybody needs all three kinds of vitamins in the daily diet, but in the family where there are growing children it is especially important to give constant attention to providing vitamin-rich foods regularly and in abundance. Liberal amounts of vegetables and fruits, particularly if eaten raw, are among the best sources of vitamins.

A salad once a day is a good medium for incorporating raw vegetables in a menu. Children can learn to like salads when they are very young—in fact, as soon as they are old enough to eat the various ingredients, which should be grated, shredded, or otherwise prepared suitably for them. If the dressing is not too sour they will usually eat a salad as a matter of course when they see the other members of the family eating it. Raw vegetable salads are quick and easy to prepare, and refreshing to eat. When there is only a little of this or that vegetable on hand, a salad disposes of all the odds and ends and enriches the diet.

To those of us who are accustomed to serving salads frequently, the idea of raw vegetables in salad does not suggest anything particularly novel. When we think of a vegetable salad, we usually have in mind such uncooked materials as chopped celery, sliced tomatoes and cucumbers, spring onions, water cress, lettuce, romaine, endive, escarole, chloery, Chinese or celery cabbage, or ordinary cabbage in cold slaw. Raw red and green peppers are often shredded or ground up and added to salads for their flavor and color.

Two vegetables which are more frequently served cooked than raw might well be added to the list of uncooked ingredients, the United States Department of Agriculture suggests, for it has been found that both are high in vitamins in their raw state. These are carrots and rutabagas or yellow turnips. White turnips may also be used raw, but the rutabaga variety is exceptionally valuable. Raw carrots, turnips and rutabagas are best when sliced very thin, diced or grated. When grated, rutabagas and turnips should be squeezed dry.

An infinite number of combinations may be made with these raw vegetable salad ingredients, according to the supplies available. Interesting color effects may be obtained by blending various vegetables. Some sort of leafy base or bed is generally liked in a salad, but is not indispensable. If there is a foundation of lettuce, cabbage, cress, or other green vegetable, however, it is intended to be eaten and not left on the plate! Cabbage is almost always available, even when lettuce is out of season.

All uncooked salad vegetables should be lightly sprinkled with salt, just as they are being served. The dressing used is a matter of individual preference. French, mayonnaise, or boiled dressing may be liked. Lettuce and other greens must always be cold, crisp and dry, otherwise the dressing will be diluted and will not adhere. Salad greens can be kept crisp and fresh, even without ice, by wrapping them in a damp cloth or paper, or by shutting them up in an airtight jar and setting them in a cool place.

Community Building

Small Town Likely to Supplant Large City

About the most important thing that has happened to the United States—and, for that matter, to all other civilized countries—during the past quarter century or so has been the growth of cities. In 1900 only 40 out of every 100 Americans lived in communities of more than 2,500 population; now the number is 52, at least. While Greater New York was taking in nearly 3,000,000 new citizens, or about the total population of the 13 colonies before the Revolutionary war, 21 other New York communities of 25,000 or more gained about 1,000,000, and the population of all the rest of the state stood practically still.

A similar process has given Greater London more than 7,500,000 people, and Tokyo, in the land of cherry blossoms, more than 5,000,000. Such populations scare some people, who predict that the whole United States will soon be one huge, many-storied metropolis. Big cities are certainly a new thing in history. Babylon, the metropolis of antiquity, is supposed to have had a poor million in her days of splendor; Rome something less than a million; Athens, which gave the world so much imperishable beauty and wisdom, only 200,000. London was a famous capital in the Fifteenth century, with 40,000; Nuremberg and Strassburg were centers of art and commerce with no more than 20,000 apiece. One wouldn't look for a good hotel in such towns nowadays.

But the monster human hives may not have everything their own way forever. Cities grow because people think it worth while, in dollars and cents, to live in them. They will stop growing when it no longer pays. According to some shrewd observers, the time of smaller cities is about here. With electric power, which can be set down in a little town as cheaply as in a big one, there is no reason why this should not be so. When a factory gets too big its overhead may eat up its profits. The same thing is sometimes true of cities.

Perhaps the future lies with smaller groupings of population—big enough to be sociable and amusing, small enough to let everyone have sufficient fresh air, sunlight and room to stretch. Perhaps tomorrow belongs to Athens, not to Babylon.—Collier's Magazine.

Rose Trellis Adds to Appearance of Garden

An alluring little rose trellis is a fascinating adjunct to any country or suburban home. Even the amateur carpenter can easily construct one, since it is little more than an arch over a seat. The arch is made of lattice-work, so that the climbing vine may find a hold for its tendrils. A sack of open woodwork for the seat is in keeping with the airy nature of the trellis. The whole should be painted either white or green; but white is the more effective as a background for the greenery of the vines and the bright color of the pink or red roses. A comparatively small yard will have space for this charming bower.

Water Systems on Farms

The development of water systems has lifted a heavy burden from the shoulders of every one on the farm. It means freedom from back-tiring drudgery for the housewife, to have running water in the house for every need. Outdoors it means better live stock and greater profits, with less time spent in monotonous chores. Of great importance, too, is the real fire protection it brings.

A good water system can be purchased and installed for about the price of an ordinary automobile. The upkeep is much less. It is, indeed, a long stride from water carried in jars and skins to running water on the farm, piped into every building and every room if desired. Modern manufacturing efficiency has made it possible at a cost surprisingly low.

Home Owner Wants Comfort

Home must be a thing of beauty, a birthplace for better ideas, for higher goals, and for a more liberal education. America is reading; its children are coming in contact more and more with the beautiful things of life, and as they know them so they will in turn create. The very start of beauty in life must come in the home, and the man who owns his home can take up the task of beautifying as no renter can hope to do. The man who owns his own home is not satisfied with what, as a renter, he will put up with. He wants better heating, better lighting and finer gardens. He wants them and, truly wanting them, he gets them.

Cautious Somnambulist

Blinks had a way of walking in his sleep—a falling of which he was greatly ashamed. Early one morning, after a long absence, he returned, with a pair of trousers rolled up and tucked under his arm. "Where in the world have you been?" his wife demanded sternly. "Down to the office." "But why the trousers under your arm?" "Oh—I thought I might meet some one."—American Legion Weekly.

Back Giving Out

Weak, tired—utterly miserable these summer days? Morning, noon, night, that throbbing backache, those stabbing pains? Feel years older than you are? Too often sluggish kidneys are to blame. Once they fall behind in filtering off impurities, blood and nerves are upset. It's little wonder, then, you have constant backache, dizziness, rheumatic pains. Don't risk neglect. If your kidneys are sluggish, use Doan's Pills. Doan's have helped thousands—are used the world over. Ask your neighbor!

A Maryland Case

D. L. Bradley, Rural Route, Bel Air, Md., writes: "Heavy lifting brought on dull pains and aches through my back. My back became lame and stiff. My kidneys were weak and the too-free passages of the kidney secretions disturbed my rest at night. I felt tired and worn out. Two boxes of Doan's Pills cured me, and I haven't been bothered since."

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

But Do Mothers Ever Get Periods of Rest?

In one of Indianapolis' largest department stores, there is employed, as housekeeper, a little woman—the mother of four children. The father, now dead, was a Spanish war veteran and the three smaller children have been in school at Knightstown. All the children are musical—the two oldest boys play cornets, the third boy a trombone, and the youngest, a girl, is learning to play the piano. It being vacation time the four were practicing together and the mother said, "Goodness me! An orchestra right in my own family! But what shall I play?" The oldest boy spoke up with—"When we come to the 'rest period,' mother, you can play that."—Indianapolis News.

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In one minute—or less—the pain ends. Dr. Scholl's Zino-pads is the safe, sure, healing treatment for corns at drug and shoe stores.
Dr. Scholl's Zino-pads
Put one on—the pain is gone

Decoration
The detail of a single weedy bank laughs the carving of ages to scorn. Every leaf and stalk has a design and tracery upon it—every knot of grass an intricacy of shade which the labor of years could never imitate, and which, if such labor could follow it out even to the last fibers of the leaflets, would yet be falsely represented, for, as in all other cases brought forward, it is not clearly seen, but confusedly and mysteriously. That which is nearness for the bank, is distance for its details, and however near it may be, the greater part of those details are still a beautiful incomprehensibility.—Ruskin.

Truth wins in the long run, though several generations may pass.
Work for the best and let hoping for the best be a side issue.

Always
A safe and soothing remedy for cuts, burns, or skin troubles. Protects, relieves and heals. Take internally for coughs and sore throats.
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Green's August Flower
for Constipation, Indigestion and Torpid Liver
Successful for 50 years.
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It soothes as it heals
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