

WELL ONE DAY IN BED THREE

That Was the Life of Mrs. Hollister Until she Began Taking Lydia E. Pinkham's Vegetable Compound



Wyandotte, Michigan. — "After my baby was born I did not do my own work for six months and could hardly take care of my own baby. I always had a pain in my right side and it was so bad I was getting round shoulders. I would feel well one day and then feel so bad for three or four days that I would be in bed. One Sunday my mother came to see how I was, and she said a friend told her to tell me to try Lydia E. Pinkham's Vegetable Compound. So the next day I got a bottle and before it was half taken I got relief. After I was well again I went to the doctor and he asked me how I was getting along. I told him I was taking Lydia E. Pinkham's Vegetable Compound, and he said it did not hurt any one to take it. I am always recommending the Vegetable Compound to others and I always have a bottle of it in my hand." — Mrs. HENRY HOLLISTER, R. F. D. No. 1, Box 7, Wyandotte, Mich.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for all women. For sale by druggists everywhere.

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. At Druggists.

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 & LAMSON CO., Inc., Buffalo, New York. Send for free sample.

PARKER'S HAIR BALM

Removes Dandruff, Stops Hair Falling, Restores Color and Beauty to Gray and Faded Hair. 50c and \$1.00 at Druggists. Hiram, Ohio. Wm. Pathe, N. Y.

HINDERCORNS

Removes Corns, Calluses, etc., stops all pain, restores comfort to the feet, makes walking easy. 50c by mail or at Druggists. Hincoc Chemical Works, Pathecoque, N. Y.

Crow Traps Tried Out

In British Columbia, where crows have been damaging crops to a considerable extent, an effort is being made to exterminate them by the use of crow traps. The crows have also been found to prey to an alarming extent on young game birds.

Congratulations

"Officer, I've lost my wife."
"Bully for ye, sor! How did ye ever manage it?"—Judge.

Genuine BAYER ASPIRIN

Say "Bayer Aspirin"

INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

Safe Accept only a Bayer package

which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacturing of Monocristallinester of Salicylic Acid.

Cuticura Soap Best for Baby

Soap, Ointment, Talcum sold everywhere. Send for free of Cuticura Laboratories, Dept. H, Malden, Mass.

FREE BOURJOIS

Write for attractive booklet of Parisian perfumes, powders, rouges, etc. 33 West 34th St., New York.

SAVE YOUR EYES!

Use Dr. Thompson's Eye-Saver. Buy at your Druggist or 115 River, N. Y. Booklet.

HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"
(©. 1925, Western Newspaper Union.)

CONCERNING FLEAS

PUDDIN' HEAD WILSON said that for a certain amount of fleas are good for a dog. They keep him from worryin' over the fact that he is a dog. This may be true of dogs but it certainly isn't true of human beings.

Fleas are one of the most common and annoying of insect pests. To some persons who are especially susceptible their bites are not only irritating but also actually poisonous. In an experiment on eight persons, there was little or no irritation in seven, while in the eighth person the flea bites caused severe inflammation.

But besides the annoyance caused by their bites, fleas have of late years been convicted as carriers of several diseases, principally bubonic plague, the Black Death, which has repeatedly swept the earth. During the fourteenth century, an epidemic in Europe killed one-fourth of the population. The great plague in London in 1665 nearly wiped out that great city and was only stopped by the great fire, which burned so many old houses and killed so many rats that the disease was checked, after all other methods of controlling it had failed.

No one then suspected the rats and their fleas, though in all great epidemics of this disease it had been noticed that rats died by the thousands.

The rat flea is the most dangerous, but will not attack man until most of the rats have been killed. The flea which most commonly attacks man is the dog flea, also frequently found on cats.

A dog or cat infested with fleas not only scatters the live fleas but also the eggs, which the fleas lay and which are not attached to the animal's hair. These eggs are about one-fiftieth of an inch long and are a glistening pearly white. They fall on the carpet, on the pillows or blankets and, in about two weeks, hatch out into full-grown fleas, which at once attach themselves to any warm-blooded animal they can find. This may be a dog, a cat, or a human being.

To avoid fleas, keep animals out of the house or wash them with strong flea soap. A 3 per cent solution of creolin is good for dogs, but not for cats, as pussy licks herself and may easily be poisoned by creolin. Pyrethrum powder, dusted on freely and then brushed out, is best for her. If the house is infested, clean one room at a time by scattering five pounds of naphthalene on the floor and closing the room for 24 hours.

DOES ALCOHOL SHORTEN LIFE?

PROBABLY no question since slavery days has aroused so much discussion as prohibition. This is not strange. Prohibition is not only a question which affects the personal habits of millions of individuals, but it is also a many-sided problem. It is a legal question, a political issue, a scientific problem and a social experiment. Many men of many minds have widely different views on the various angles presented.

On the scientific questions involved equally weighty authorities differ widely. Is alcohol a food or a poison? What effect does drinking alcoholic beverages have on the human body? There is conflicting evidence on both sides.

Experimentally, the evidence is equally confusing. One day, our newspapers will contain a story of a hale and hearty old man who has just celebrated his one-hundredth birthday, and attributes his long and healthy life to the fact that he has never touched alcohol. The next day, the same papers will record the life history of an equally old and vigorous man who is sure his advanced years and perfect physical condition are due to his having taken, all his life, a drink when ever he felt like it, or could get it.

"So there ye air," as Mr. Dooley would say. What is the truth? Pilate asked the same question two thousand years ago, and it has never been answered.

But if you want the opinion of the business world, that looks at all questions from a cold, practical viewpoint, you can get a very positive answer. No railroad will employ or retain an engineer or conductor who drinks even moderately. One of our greatest railroads has notified its employees that any engineer who even enters a saloon (if there are any left to enter) will be discharged. Scientists and reformers and politicians and executives and social workers and advocates of social liberty can go on discussing the many questions involved as long as they like. Hard-headed business men, whose money is invested in the management of big enterprises, don't want any man around who drinks.

Life insurance companies are not generally regarded as sentimental. Thirty years ago, a Scotch insurance company decided that drinkers must pay a higher premium than nondrinkers. Keeping the two classes of policy holders separate, it has been found that the death rate of even moderate drinkers is 30 per cent higher than total abstainers. Four other companies have found that deaths among drinkers are from 20 to 40 per cent higher than among nondrinkers.

So again, as Mr. Dooley says, "There ye air."

LIGHTER TYPE OF LUNCH FOR PICNICS



A Picnic Under a Big Shade Tree.

(Prepared by the United States Department of Agriculture.)

Picnics aren't what they used to be. They're better. There was a time when so much effort was required to get the typical picnic lunch ready that mother and the others who helped had no pep left to enjoy the outing. But now the importance of recreation takes precedence over the contents of the lunch basket, and incidentally the latter has improved. Perhaps there are fewer fried chickens and bowls of potato salad and not so many cakes, pies, and homemade cookies. Certainly there are more picnic baskets with a jar of salad dressing, some whole tomatoes, cucumbers and a head of lettuce, washed and crisped, a small cream cheese, some potato chips, hard cooked eggs, and a box of berries, peaches, or other fresh fruit in season. This change means not only less cooking and baking ahead of time but it also means a

lighter type of lunch which is more suitable for the hot weather when everyone appreciates a retreat to a shady, breezy spot. A well-balanced picnic lunch with plenty of fruit and crisp salad materials is easier to get together and it leaves the family with better dispositions and digestive systems the following day, says the United States Department of Agriculture. Form the habit of picking up a lunch and picking up the family for short-order picnics. The makings for salads and sandwiches may well be taken with little home preparation and put in form under the shade of a tree after the family has "cooled off." One or two thermos bottles or a thermos jug is an indispensable asset for summer comfort either at home or on outings. A reviving drink made of grape juice, ginger ale, lemon juice, slightly sweetened, puts new pep into wilted humanity in the summer time.

SWISS CHARD MOST VALUABLE FOR FOOD

Poitable Source of Calcium and Iron.

(Prepared by the United States Department of Agriculture.)

When asparagus and the green-leaf vegetables of early spring are gone, the United States Department of Agriculture suggests that the housekeeper may well turn to swiss chard, which endures mid-summer heat fairly well, and has a long season. It is called in some localities "cut-and-come-again," because by taking only a few leaves at a time from each head there is a constant supply. One may eat the leaves of swiss chard as greens, or serve the stalks in the same way as asparagus, or combine the two. The difference in texture makes the cooked leaves seem like an entirely different vegetable from the stalks.

Swiss chard contains vitamins A and B, and is considered a valuable source of calcium and iron. The younger, more tender leaves are generally preferred because of their milder flavor. They are cooked in little water for the shortest possible time, in the same way as spinach and other greens. Chard has the advantage over many other greens of being fairly free from grit and dirt, because the leaves grow so high, and hence is easy to clean. Chard leaves blend well with other greens, especially with kale, dock, sorrel, mustard or dandelion. The leaves are very large and broad, and do not boil down in bulk so much as many greens, so that a smaller quantity of uncooked chard leaves will serve the same number of people as quite a large amount of spinach or other greens.

When the stalks are used the leafy portions should be stripped from them. They should be cut crosswise into inch or half-inch lengths and boiled in unsalted water from 10 to 25 minutes. The water should be boiled down rapidly at the last and may be used for soup or vegetable stock.

If the leaves are to be served with the stalks, the latter should be cooked from 5 to 15 minutes before the leaves are added. A simple seasoning of butter and salt is usually sufficient if the chard is in prime condition. Boiled chard stalks may be used like celery, in scallops or stews, in hash or otherwise with meats, with dried carrots, peas, string beans, or any convenient vegetable combinations. The stalks may also be cooked whole like asparagus and served on toast with white or hollandaise sauce, or with melted butter. Of course, when one prepares either stalks or leaves only, the other should be served at another meal.

Important Protein Foods

Meat, poultry, fish, eggs, milk, soy beans, and peanuts, says the United States Department of Agriculture, are the most important protein foods in the diet. These are the foods which must be depended upon for protein that can be used to special advantage by the body. Milk is one of the best foods for young and old, and cannot be satisfactorily replaced by any other food in the diet of growing children. Some of these foods are rich in mineral substance; for example, meats and egg yolks in iron, milk in calcium, and peanuts in phosphorus. Many of these protein foods, especially milk and egg yolks, are valuable sources of vitamins A and B.

QUITE POPULAR USE FOR WHIPPED CREAM

Favored as Sauce or Garnish for Desserts.

(Prepared by the United States Department of Agriculture.)

One need not laugh at the predilection of the average high school or college girl for dishes dressed up with whipped cream. As a matter of fact, whipped cream is not merely a garnish, but a valuable food which deserves to appear frequently in the menu, points out the United States Department of Agriculture.

A popular use for whipped cream is as a sauce or garnish for desserts, especially those made of gelatin. On cake or pie, steamed puddings, ice cream, canned fruit and sweet fresh fruits it adds both food value and flavor. Charlotte russe is merely sponge cake dressed with whipped cream. Gingerbread topped with whipped cream becomes immediately aristocratic. On hot chocolate or cocoa, flavored sweetened whipped cream is usually expected because these drinks are served that way at soda fountains, where whipped cream is also used to garnish the glass of soda.



Beaten into Mayonnaise Dressing.

water or to top of a sundae. Bavarian cream is a combination of custard and whipped cream stiffened with gelatin, and flavored with vanilla, coffee, pineapple, chocolate or other flavors, according to individual preference.

A spoonful of unsweetened whipped cream on chicken or other light soups often serves to tempt an invalid or capricious taste. Cream or cottage cheese can be blended with unsweetened whipped cream, nuts and pimentos and stiffened with gelatin to make an unusual lunch dish; whipped cream can be beaten into mayonnaise dressing to make it richer and nuttier for use on fruit salads.

The most satisfactory cream for whipping is raw cream with a butterfat content of 30 per cent or more. Of course any raw cream used should be of high sanitary quality. Pasteurized cream can be whipped as well, if slightly higher in butterfat; but homogenized cream will not whip nearly as well. If homogenized cream has also been pasteurized its whipping quality is further reduced.

Children Like Rice and Cherries as a Dessert

Here is a dessert the children will like. The rice can be cooked at any time, and combined with the cherries and cream in time to be well chilled. The United States Department of Agriculture suggests using:

- 1 cupful cream, rice (salted)
 - whipped (vanilla)
 - 1 cupful cherries,
 - 1/2 cupful cut in half
 - 1/2 cupful powdered sugar
 - 1 cupful cooked sugar
- Cook the rice so the grains will be large, dry, and fluffy. Add the sugar, the fresh fruit, and the whipped cream. Chill thoroughly before serving.

Low-cost Transportation Star Cars

NEW PRICES

EFFECTIVE AUGUST 1, 1925

Commercial Chassis	\$425		
Roadster	\$525	Coupe	\$675
Touring	525	Coach	695
Coupster	595	Sedan	775

F. O. B. Lansing, Michigan.

DURANT MOTORS, INC.
250 WEST 57th ST., NEW YORK
General Sales Department, 1819 Broadway, New York.

PLANTS AT:
Elizabeth, N. J., Lansing, Mich., Oakland, Calif., Toronto, Can.

20% MORE POWER

Japs Rebuilding Shrines

The cult of Shinto is no exception to the modernization wave which has been sweeping over Japan since the great earthquake of 1923. At a recent meeting of the Shinto shrine reconstruction committee it was decided that those shrines destroyed by the earthquake fire should be rebuilt of fireproof materials. In Tokyo and vicinity, 193 Shinto shrines were destroyed. The estimated cost of reconstructing these has been placed at \$562,163 yen.

Bird's Speed Fatal

Illustrative of the speed of a game bird on the wing is the plight of a cock partridge that met his doom in Pleasant street, Brockton, Mass., says the Boston Globe. A woman, hearing an unusual sound, hastened to the door in time to see a bunch of feathers catapulted into her yard. She picked up the still pulsating body of a partridge. Walking to a spot 20 yards distant she found the head of the partridge that had been completely severed as it struck the telephone wires stretched along the street.

Cuticura for Sore Hands

Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do for Soap, Ointment and Talcum are used for all toilet purposes.—Advertisement.

Musical Money

"Does your piano teacher have a good touch?" "I'll say so! Four dollars a half hour."

Tough Luck

Walter—Why do you weep, sir?
Diner—This steak reminds me of the black sheep in our family.

A cynical man is one who has had experience; a cynical woman is one who hasn't.

The insurance policy often makes a man more valuable after death than during his life.

WHY SHOULD ANYONE SUFFER WITH INDIGESTION OR ANY STOMACH MISERY?

If you want to fix up your digestive, out of order stomach so that you can relax what you eat with not the least bit of after distress, do what tens of thousands of people have already done. Getting rid of gas, bloating, belching, heaviness and that feeling of near suffocation isn't such a hard matter as you may think. You've been getting hold of the wrong medicine—that's all. But better late than never—ask your druggist for a bottle of Dare's Mentha Pepsin—a real stomach medicine and a very pleasant one. For acute indigestion one or two doses is enough, but when the trouble is chronic, two or three bottles may be needed to put your disordered stomach in good healthy condition and make life worth living. Making a start is the main thing, so why not get one bottle today with the distinct understanding that if it doesn't help you the purchase price will be returned.

Boschee's Syrup
for Coughs and Lung Troubles
Successful for 45 years. No and the bottles—ALL DRUGGISTS

METAL MIKE—Instantly mends all metal, cracked motor blocks, etc. Guaranteed or money back. Price 12.00. METAL FROTHING CO., Philadelphia, Pa. AGENTS WANTED.

Ford and Chevrolet Concentric-Air-Gear Mixer saves 15%. Greatest improvement in auto history. Prouty, Highland Park, Detroit.

W. N. U., BALTIMORE, NO. 33-1925.

"Just a little Bee Brand Insect Powder and all the Flies were dead."

Thousands of housewives have discovered that the fly-nuisance is unnecessary. One writes from Greenwood, Miss., "We used until the odor made us sick, but no results. We then sprinkled just a little Bee Brand Insect Powder in the room and in a few minutes the only flies in sight were dead."

Bee Brand Insect Powder is so easy to use, and so quickly effective. Close doors and windows. Blow Bee Brand from a piece of paper into the air. The almost invisible particles find the flies and kill them. It is also effective to burn the powder. Bee Brand Insect Powder kills Flies, Fleas, Mosquitoes, Ants, Roaches, Water Bugs, Bed Bugs, Moths, Lice on Fowl and Plants, and many other House and Garden Insects.

It's harmless to mankind, domestic animals and plants. Non-poisonous—non-explosive. Will not spot or stain. In red, sifting-top cans, at your grocer's or druggist's. Household size 10c and 25c. Other sizes 50c—\$1.00. No expensive glass necessary. Puffing gun, 10c.

Get our FREE Booklet, "It Kills Them" a guide for killing house and garden insect pests.

Bee Brand Necessary as Soap and Water

Every home needs the protection of Bee Brand Insect Powder. It should be used regularly to prevent insects. Keep a can always on hand—and blow or scatter it wherever insects may be hidden.

McCormick & Company, Baltimore, Md.