

# SUFFERED AFTER BIRTH OF BABY

### Trouble Caused by Getting Up Too Soon. Relieved by Taking Lydia E. Pinkham's Vegetable Compound

Talleville, New York. — "I thought it would interest you to know what benefit I have derived from taking your medicine. A few days after the birth of my third child I got up too quick. I ran just before my fifth child was born I had inflammation of the bladder and displacement. Seeing your advertisement in a Liverpool (England) paper I began taking Lydia E. Pinkham's Vegetable Compound and that was the best confinement I had. Whenever I feel run-down I always take the Vegetable Compound as a tonic. We have just removed from Brockville (Canada) so I was pleased when the store ordered the medicine for me and I got it today. I would not be without it for any price and I recommend it to ladies around here because I feel so sure it will benefit any woman who takes it." — Mrs. AGNES WIGNALL, Talleville, New York.

Women can depend upon Lydia E. Pinkham's Vegetable Compound to relieve them from ills peculiar to their sex. For sale by druggists everywhere.

### Wherever the itching and whatever the cause, the soothing touch of Resinol Ointment rarely fails to give quick relief



# Resinol

- ### BRIEF NOTATIONS
- Enjoy the blessings of the day.
  - What's built upon esteem can never decay.
  - All the world practices the art of acting.
  - Mirth prolongs life, and causes health.
  - Prejudice roosts on a perch from which facts are barred.
  - Don't cast pearls before swine. They are not fattening.
  - Life's a reckoning we cannot make twice over. — George Elliot.
  - Any man who marries for sympathy will need all he gets.
  - Brevity may be either the soul of wit or the poverty thereof.
  - On the program of human events women are the consolation race.
  - You may find hens in a hennery, but there are no bats in a battery.
  - The girl who marries a millionaire has a million reasons for doing so.
  - The more explaining a man has to do the less humanity believes in him.
  - In old times people multiplied on the face of the earth. Now they use adding machines.
  - It must make a fellow seem pretty small to feel as though he had been drawn through a knothole.
  - The cynical bachelor observes that a man who has never married has no excuse for being a pessimist.
  - Should a man out of a job take any job offered? Wisdom sometimes says no.
  - Flowers Dislike Jazz**  
The cyclamen and the carnation are among the flowers most susceptible to the influence of music. Some which were used in floral decorations close to a stand where the band was playing jazz were found, after a few hours, to have all turned their faces away from the music.  
They were turned around facing the band, but soon began leaning away again. It is believed that the musical vibrations affect the fibers of the plants. — Pittsburgh Chronicle.

### Sure Relief FOR INDIGESTION



# BELL-ANS

25¢ AND 75¢ PACKAGES EVERYWHERE

### BATHE TIRED EYES

W. N. U., BALTIMORE, NO. 34-1925.

# POINTS ON KEEPING WELL

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

### ARE GERMS REAL?

A PROMINENT minister, a highly educated man, delivered an address recently in which he referred to present-day knowledge of disease as the "germ theory." Evidently the eminent gentleman regards our knowledge of disease and infection as a theory.

I attended a meeting of big food manufacturers, a few weeks ago and heard a discussion participated in by hard-headed business men, managers of great corporations, but I didn't hear any of them refer to present-day methods of canning and preserving meats and vegetables and fruits as the "germ theory of canning." To them it was not a theory but a proven fact, on the truth of which they had invested hundreds of millions of dollars in factories and equipment. No one expresses any doubt as to our ability today to put up, in tin or glass cans, millions of tons of food, to protect it from "spoiling," to keep it in warehouses or stores for years if necessary and to find it, when the cans are opened, sound, sweet and healthful food.

Everyone admits that, if you doubt it you have only to step inside any grocery store, buy a can of any kind of food and open it.  
Yet the whole business of preserving foods is based on exactly the same "theory" the doctor's knowledge of disease and the surgeon's ability to treat any wound in the human body so that it will heal without infection.  
Our grandmothers knew only two ways of preserving food, drying and pickling. These old ladies knew that if they put meat or corn or tomatoes in jars and put them away they would "spoil." Doctors knew that if they opened a patient's abdomen or skull or knee joint the patient would set in that would poison the patient and endanger his life more than the original disease.

About 1850 Louis Pasteur proved by a long series of experiments that putrefaction in food and infection in the body were both caused by little plant-like bodies floating in and carried by the air; that if fruit or meat was heated enough to kill all these little plants and the food was then sealed up in air-tight cans, the food would keep indefinitely; and that if the patient's skin, the surgeon's hands and instruments and everything that came in contact with the wound were made absolutely clean, the patient would "keep" and no infection would result. The germs that spoil the body are the same as those that spoil the housewife's fruit. This isn't theory, it's fact.

### OUR CHAMPION BABY KILLER

ONE hundred and fifty years ago, Erasmus Darwin, the grandfather of Charles Darwin, himself a noted scientist, said: "No one could do a greater service to humanity than by showing the human race how to prevent scarlet fever."  
In the century and a half since Darwin, no progress has been made in controlling this disease until the last two years. Scarlet fever has gone on destroying human life and principally baby life, without any human power being able to stop it or even reduce it.

In an article on scarlet fever and public health published in a recent issue of the Southern Medical Journal Dr. W. C. Rucker, assistant surgeon general of the United States public health service, estimates that there were, in the three years from 1920 to 1922, 350,000 cases of scarlet fever in the registration area. The registration area includes 82 per cent of the population. So that the total number of the cases of scarlet fever in the entire United States for these three years would be about 450,000, or 150,000 children every year who suffer from this disease. Nine out of every ten cases are among children under ten. Most of the deaths are among children under six.

Awful as these figures are, they do not shock us as much as a moving picture theater panic or a schoolhouse fire, in which a handful of children are killed or injured. Scarlet fever is such an old enemy that we have become accustomed to its ravages and resigned to the destruction of child life which it causes every year.

But today, for the first time in human history, there is real hope. Old Erasmus Darwin's wish is about to be realized. Scarlet fever has distinctly joined the group of preventable diseases.

The work of the Dicks of Chicago makes it possible not only to cure this disease but to prevent it. The serum which they have made is like diphtheria antitoxin. One drop injected into the skin shows whether the child is susceptible or immune. Nearly 80 per cent of children are protected by natural immunity. No need to worry about them. The remaining 20 per cent can be made immune by a syringe of serum.

Any county or any town, any school or any family can absolutely protect its children against this baby killer if it wants to. The remedy is there. It only needs intelligence enough to use it to wipe out this age-old scourge of child life.

### CAN LEFT-OVERS AS MIXED VEGETABLES



(Prepared by the United States Department of Agriculture.)

Mixed vegetables are attractive and economical in salads, omelets, escalloped dishes and to use as garnishes for meat dishes. If the small quantities left from packing different vegetables whole are placed in one can, many desirable combinations can be made. A good combination during the spring season is young carrots. A mixture which the fall garden might furnish is peppers, celery, onions and small lima beans. Do not use beets in such combinations, because they will discolor the mixture.

All the vegetables are prepared separately as for canning and packed in layers in a well-boiled jar, according to United States Department of Agriculture specialists. Each layer should be packed as tightly as possible before the next is added. Fill jars with a brine. Put on boiled top and rubber. Process in water-bath canner either 120 minutes one day or one hour on three successive days, or 35 minutes in steam-pressure cooker under 15 pounds pressure.

### Corn and Tomatoes Good.

Corn and tomatoes make a good combination to can. The resulting product is served as a vegetable dish. Blanch fresh corn on the cob five minutes, dip for an instant in cold water and cut from the cob. Scald tomatoes from 30 to 60 seconds and dip in cold water. Remove the skin and core. Chop tomatoes into medium-sized pieces. Mix thoroughly two parts of tomatoes with one part of corn. Pack the mixture in hot glass jars, add a level teaspoonful of sugar and one-half teaspoonful of salt to a quart. Fill jars with hot water. Put on boiled top and rubber and process 120 minutes in water-bath canner one day or one hour on each of three successive days, or 35 minutes in steam-pressure cooker under 15 pounds pressure.

A corn, tomato and string-bean combination is made by using one part of corn, one part of green string beans and three parts of tomatoes. The corn is blanched, dipped in cold water and cut from the cob. The string beans are cut into convenient lengths and blanched for four minutes. The

### BERRIES DRIED BY HEAT OF THE SUN

### Avoid Unnecessary Handling and Rough Treatment.

(Prepared by the United States Department of Agriculture.)

Dried berries of many kinds are excellent for pies, puddings and sauce. Select berries which are fully-ripe but not overripe.

Berries to be dried should be picked in the early morning hours. Do not allow them to stand in the sun or in deep layers in picking vessels.

No attempt should be made to wash the berries intended for drying, as the wet berries will soften and mat together in the dryer. Spread on the trays, holding the vessel of berries with one hand, and, while slowly pouring the fruit, use the fingers of the free hand to spread them in a close, uniform layer one to two berries deep. Protect them from insects. Avoid all unnecessary handling and rough treatment, as crushed berries spoil the appearance of the finished product.

Do not attempt to pick out leaves, bits of stem or green berries. These are readily removed after the berries are dry. Raspberries and Logan blackberries require careful handling, as they are liable to crush or flatten out when first heated. Spread them in thinner layers than other berries.

As rapidly as the trays can be spread, place in strong sunlight if they are to be sun dried, as they can be in most sections of the United States, or in a warm evaporator if artificial heat is employed. With artificial heat the initial temperature should be from 135 to 145 degrees. This may be gradually increased when the fruit is two-thirds dry to 150 degrees, with any berries except Logan blackberries and red raspberries. These should be started at 130 degrees F.

When the berries have dried sufficiently be stirred without crushing, go over the trays and break up any

matrices are blanched from 30 to 60 seconds and cold-dipped. Remove the skin and core of the tomatoes and cut into medium-sized pieces. Mix the three vegetables thoroughly and pack the mixture in hot glass jars. Add a level teaspoonful of sugar and one-half teaspoonful of salt, and fill jar with hot water. Put on boiled top and rubber and process in water-bath canner either 120 minutes one day or one hour on three successive days, or 35 minutes in steam-pressure cooker under 15 pounds pressure.

### Concentrated Soup Recommended.

An excellent concentrated vegetable soup can be made from any desired mixture of vegetables. A tasteful combination to can consists of one quart of concentrated tomato pulp (tomatoes boiled down until thick), one pint corn, or tiny lima beans, one pint okra, and four teaspoonfuls of sugar and salt mixture—made by mixing sugar and salt in the proportion of one-third salt to two-thirds sugar.

To make the tomato pulp, cook together three quarts of sliced tomatoes, one small chopped onion and half cupful chopped sweet red pepper. Put through a sieve and remove seeds and skin. Return strained pulp to kettle and cook down to about the consistency of catsup. Measure, add the corn or beans and okra which has been prepared as for canning, with seasoning. Cook together for ten minutes and pack hot into jars which have been previously boiled 15 minutes. Put on boiled top and cleaned rubber, partially seal and place on false bottom in water-bath canner with water to cover.

If the single-period continuous method of processing is followed, boil for at least two hours. If the intermittent boiling process is used, boil for one hour on each of three successive days. Before each subsequent boiling, the covers must be loosened and after each boiling the covers must be securely tightened again to make sealing complete.

Processing under steam pressure is recommended. Quart jars should be processed 35 minutes under 15 pounds pressure. On removal tighten the tops, invert to test for leaks, and when cool put in a dry, dark, cool place.

thick clumps which are drying too slowly. The fruit is dry when it begins to rattle somewhat on the trays and when the berries no longer show moisture when crushed between the fingers.

When the berries are dry place in a large wooden or pasteboard box covered with muslin to exclude insects. Pour the warm berries directly into this box as they come from the dryer and every time a new lot is added stir the whole mass thoroughly together. The berries will at first become quite moist, but they will then gradually lose moisture until they become dry and hard to the touch. When ready to be stored permanently, return them to the dryer or oven and heat up to 180 degrees for two or three minutes to destroy any eggs of insects which may be present. Place immediately in sealed containers and store in a dry, warm place.

### Kohlrabi Is Delicious When Young and Tender

Do you know kohlrabi, sometimes called turnip-rooted cabbage? It may be used when it is young and tender if it is to be eaten at its best. When it is no more than two or three inches in diameter this vegetable will be found quite delicious, says the United States Department of Agriculture.

To prepare it for the table, clean the kohlrabi, and cut off the leaves. (The very young fresh leaves may be cooked separately as greens, with or without a little chive or onion.) Pare the globe or bulbous stem, discarding any stringy or tough portions at the base. Slice it or cut into dice, and cook for about half an hour in slightly salted water. Season with butter, salt and pepper, and serve or make a white sauce and mix with the kohlrabi. Kohlrabi can be used in practically any dish in which turnip is used. It is milder in flavor and not quite like turnip, though so sensitive of it. The dark leaves and the white sliced pieces from the globe portion make an attractive dish when served together.

# ALONG LIFE'S TRAIL

By THOMAS ARKLE CLARK Dean of Men, University of Illinois. (©, 1925, Western Newspaper Union.)

### PROFESSORS OF LEISURE

PETER McARTHUR in one of his pungent paragraphs suggests that a college of agriculture might very well have on its staff a Professor of Leisure whose business it should be to teach farmers how most profitably and enjoyably to spend the spare time at their disposal. I see no good reason for confining such position to any one college. Corporations and department stores, and every college in every institution would be doing the world a service by establishing such a professorship, for there are few things which give people young or old, educated or otherwise, so much concern as how to spend their leisure time.

Labor unions, and protective associations and associations for the prevention of cruelty to animals argue and agitate and legislate to find some way to cut down the working hours of men, and then they give them no suggestion or help as to how this added leisure should be spent. Leisure without resourcefulness is only an added burden.

Few people have ever been taught to play or have discovered through experience. Brown, my neighbor, has solved all the intricacies of making money and putting it away in safe places, but he doesn't know anything about how to employ his leisure time, and so he is a rather unhappy citizen. He and Mrs. Brown sometimes go off to the mountains in the summer, but he has a rather dreary time. In Colorado he's too fat to climb the mountains; his broken arches keep him from walking, so that all he can do is sit on the porch and smoke and crack and talk politics about which he really knows very little.

At Miami he is very little better off in the winter. He's never learned to ride horseback, he doesn't play golf, and in spite of his bulk, he can't swim, so he sits on the sand in a bathing suit and watches the other people enjoy themselves.

If there had been a Professor of Leisure in the school which Brown attended he would today be a happier and a more slender man, and he would get on with his family more easily. He never knows what to do with a leisure hour. He likes flowers, but he is as helpless in a garden as a June bug in a flytrap. He had a good mind at the outset, but he's let it atrophy because he has never been taught to read or to enjoy reading. He hasn't the most remote idea of play, or exercise, and so he has grown fat and discontented.

There are thousands like him who might have been kept young and happy had they been given some training under a Professor of Leisure.

### GIVEN TO HOSPITALITY

THE Grangers entertained a great deal, and they spared neither money nor domestic strength in trying to make their entertainments impressive. They had a big barn-like house filled with expensive and not always beautiful things, not excluding the various members of the Granger family, for I am sure Mr. Granger found his family a rather expensive pleasure, if not, at times, a luxury.

I have been at the Grangers' house when one or another of these social displays was on, and I found the functions interesting. The decorations were always elaborate, and everything was managed with some ostentation. It is true, but carefully managed. Nothing was omitted which could contribute to the pleasure and comfort of the guests.

Nothing, I said—and yet I never came away from the Grangers' house feeling that there had been any special welcome for me or any special interest in my being there. I was one of a crowd or, even if there had been only a few guests present, I had no feeling of being at home, of being one of them.

Mrs. Johnson and her two daughters lived in a very modest little cottage, which was scarcely large enough to meet their own needs. All three of them worked and were quite generally busy with their work. There were only two sleeping rooms in the house, and these were needed, of course, for themselves, but they could always find a place at their little table for the chance guest, or make up a bed on the couch in the sitting room to take care of an unexpected visitor overnight, and they always left one with the impression that it was a pleasure to do these things and sometimes even a privilege.

Their meals were simple, but there was always some little article of food prepared especially to meet my taste when I was there, some special attention shown to me which indicated that they had had me in mind and had remembered my preferences and my idiosyncrasies.  
One always felt a certain freedom and comfort in the Johnson house, simple as it was. There was no display, no suggestion that one's presence was giving trouble or causing any readjustment of the family affairs. One knew that he was welcome and was given the feeling that if he should come back again they would be glad.



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### Your system needs



### Hancock Sulphur Compound

If you suffer from eczema, gout, eczema or bites, or if troubled with pimples, blackheads, freckles, blotches or other skin eruptions, your blood and skin need the purifying and healing effects of this tried old remedy.  
Physicians agree that sulphur is one of the best and most effective blood purifiers known to science. Hancock Sulphur Compound is the most efficacious way to use and benefit from Sulphur. As a lotion, it soothes and heals; taken internally, it gets at the root of the trouble.  
60c and \$1.20 at your druggist's. If he cannot supply you, send his name and the price in stamps and we will send you a bottle direct.  
HANCOCK LIQUID SULPHUR COMPANY Baltimore, Maryland  
Hancock Sulphur Compound Ointment—50c and 60c—For use with the Liquid Compound.



### Green's August Flower

For Constipation, Indigestion and Torpid Liver  
Successful for 50 years.  
50c and 90c bottles.  
ALL DRUGGISTS

### Squirrel Had Gumption

At Epping, N. H., a teacher and her pupils noted an interesting bit of natural history last spring. A squirrel was seen playing in a sugar maple near the schoolhouse, and a closer inspection revealed the fact that he had gnawed the underside of a limb and, hanging on by his four feet, was sucking the sap that oozed out. He repeated this performance several times.

### Women in High Positions

The government in France has recently decided that women shall be eligible for the highest positions in the postal and telegraph service in that country. In future, women may rise to be office chiefs, managers, inspectors, etc., and they will thus figure in all the promotions of one of the most important of the government departments.

### Cuticura Soothes Baby Rashes

That itch and burn, by hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each.—Advertisement.

### Vacation Note

Donald B. MacMillan, arctic explorer, reports finding mosquitoes within 700 miles of the North pole, so if you are planning on going that way on your vacation don't wear sheer silk hose and peek-a-boo waists.—Detroit News-Tribune.

### Camels Going

Arab sheikhs are taking to automobiles. Camels are going out of style, even in the desert areas. Proof is the continued requests from the Near East for American cars.

### St. Francis' Centenary

The seventh centenary of the death of St. Francis, the poor man of Assisi, will be observed throughout Italy in 1926. The great apostle of poverty died October 4, 1228, at the age of forty-four.

### Quick Safe Relief



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