

SICK WOMEN SHOULD BE ENCOURAGED

Letters Like This Prove the Reliability of Lydia E. Pinkham's Vegetable Compound



Turtle Lake, Wisconsin. - "I took Lydia E. Pinkham's Vegetable Compound for weakness, backache and nervousness. I had these troubles for years and had taken other medicines for them, but I have found no medicine so good as the Vegetable Compound and I recommend it to my friends who have troubles similar to mine. I saw it advertised and thought I would try it and it has helped me in all my troubles. I have had six children and I have taken the Lydia E. Pinkham Vegetable Compound before each one was born, for weakness, vomiting, poor appetite and backache, and again after childbirth because of dizzy headaches. It is a good medicine for it always helps me. I have also taken Lydia E. Pinkham's Liver Pills for the last eight years for constipation." - Mrs. MABEL LA POINT, R. F. D. No. 1, Turtle Lake, Wisconsin. In a recent canvass, 98 out of every 100 women say they were benefited by taking Lydia E. Pinkham's Vegetable Compound.

Sugar From Artichoke

By a process discovered by experts of the government bureau of standards, sugar one and a half times as sweet as the cane and beet varieties may be extracted from artichokes. The refining treatment necessary is so simple that, it is said, the cost of manufacturing the product can be greatly reduced. Because of the low expense in cultivating the vegetable and its heavy yield when compared to other sugar-bearing plants, it is believed the artichoke may be extensively employed to provide a great part of the future crops. Lack of means of crystallizing the extract has been a bar heretofore.

Heavy earthworks, bridges and tunnels will be required in new railroads, 87 miles long, soon to be built in Australia.

Sure Relief

BELLANS INDIGESTION 25 CENTS. 6 BELLANS Hot Water Sure Relief. BELLANS FOR INDIGESTION 25c and 75c Pkgs. Sold Everywhere

PARKER'S HAIR BALSAM. Removes Dandruff, Stops Hair Falling, 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.

FACIAL ERUPTIONS unsightly and annoying - improved by one application of

Resinol. D. J. 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.

RUZ YOUR EYES? Use Dr. Thompson's Eye Water. Buy at Your Druggists.

Your system needs Hancock Sulphur Compound

Hancock Sulphur Compound. If you suffer from rheumatism, gout, eczema or hives, 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.

Hancock Sulphur Compound. If you suffer from rheumatism, gout, eczema or hives, 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.

In the JUNGLE With Cheerups and the Quixies by Grace Bliss Stewart

MRS. OSTRICH TO MARKET

MRS. OSTRICH was troubled. Something was wrong with the children. Her fourteen beautiful eggs, like ivory globes, had hatched into fourteen lively young birds. They had eaten gravel for several days after they came out of the shell, which all ostrich mothers know is the best thing for their young stomachs, but after that they didn't seem to thrive. Father Ostrich had brought them the tenderest leaves and twigs, and even some of those wonderful watermelons which grow on the edge of the desert, but nothing agreed with them.

"What's to be done, my dear?" roared Father Ostrich in his loud, important voice.

"Well, I don't know, Father," said Mother Ostrich, "but it does seem to me as if I could find something which would be good for the children. I don't believe you looked far and wide. I shall go a long distance away to-day. I am a faster runner than a horse, so it will be easy."



"Now, Father, Don't Be Cross," Said Mrs. Ostrich.

me as if I could find something which would be good for the children. I don't believe you looked far and wide. I shall go a long distance away to-day. I am a faster runner than a horse, so it will be easy."

"I don't know how far you'll go," said Father Ostrich a bit peevishly, for he didn't like Mrs. Ostrich's criticism, "but I'm sure you'll go wide if you go around in circles as usual. And mind, don't get frightened and hide your head in the sand!"

"Now, Father, don't be cross," said Mrs. Ostrich. "You have the same bad habits that I have, you know. Good-by, I'll be back before dark," and she trotted away over the desert, her legs moving so fast that her toes seemed scarcely to touch the ground.

"I'll have to go toward those trees and growing things over there," thought she. "There's nothing here on the desert fit for my babies to eat." And she ran so fast that all at once

she found herself in the thick, deep jungle.

"Now, I wonder," she said aloud, looking up, "if that breadfruit would be to the children's taste."

"It looks good to me," said a small merry voice which seemed to come from right under Mrs. Ostrich's very toes. "But of course I don't know for whom you are marketing."

"Dear me," snapped Mrs. Ostrich in surprise and alarm, "dear me, who's interfering now?"

"It's only Cheerups, Madam, and I thought perhaps I could help you pick out your fruit for breakfast, as you were a little uncertain," said the voice.

"Well, well, this is luck," cried Mrs. Ostrich, looking down at Cheerups from her eight feet of height, and winking and blinking her great eyes with their long lashes. "To think that I should run right into you, Mr. Cheerups. Why, all the Desert and Jungle Folks are talking about you and your wise words and your wonderful ways. Here I am in a terrible tangle, and you appear right in front of me to unravel it. Miraculous, I say, simply miraculous!"

"First, please tell me who you are," smiled Cheerups, "and what is your trouble. I surely don't deserve the fame you speak of, but I shall be very glad to help you if I can."

"Oh, thank you, Mr. Cheerups; you are so kind. You see, I am Mrs. Ostrich and I have at home fourteen as handsome little Ostrich babies as you could see any day in a twenty-mile run."

"But I couldn't run twenty miles," cried Cheerups.

"Oh, excuse me," replied Mrs. Ostrich. "I forgot that you hadn't the long-distance apparatus," and she looked proudly at her tall, strong legs.

"Well, my babies had their gravel meal for two or three days, as was right and proper, and then they didn't seem to like the leaves and vegetables which Father Ostrich brought them. We just can't find anything they will eat. And if they don't eat, they will die. Oh, Mr. Cheerups, I'm almost distracted!"

"Don't be anxious, Mrs. Ostrich, I beg of you," said Cheerups in a tone full of kindness. "I have a plan. Just lay a few extra eggs outside the nest and feed the wee birdlings on them until they are old enough to eat other things. And when you hatch the next brood, you might lay the extra eggs first, so the babies' breakfast will be all ready and waiting for them when they come."

"That's a splendid idea," cried Mother Ostrich. "Thank you a thousand times, Mr. Cheerups; I'll do just as you say," and off she ran at top speed toward home. Ever since, Mrs. Ostrich has followed Cheerups' advice with success.

(© by Little, Brown & Co.)

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

VIOLA English hearts and it has continued with great popularity ever since the time of Shakespeare.

The amethyst is the talismanic gem assigned to Viola. It promises her success in love and freedom from vexation. Friday is her lucky day and 3 her lucky number.

WHO SAID "Man is to man either god or a wolf."

RESIDERIUS ERASMUS, the author of the above quotation, was born at Rotterdam, Holland, in the year 1467. His real name was Gerard, but this he changed—a practice which was greatly in vogue in his day.

Erasmus had been left an orphan at an early age, and the efforts of his guardians were largely responsible for his entering a monastery and swearing that he would become a priest. This determination he later relinquished, and by special dispensation from the pope at Rome was relieved from his monastic vows.

In the year 1492—the year that Columbus first set foot on the shores of the new world—Erasmus left his home in Holland and, with the permission of the bishop of Cambrai, who was in charge of the monastery where the lad was living, traveled to Paris. There he studied theology and literature and there he formed acquaintance with many wealthy Englishmen whose instructor he became. One of these—Lord Mountjoy—was so impressed with the monk, and became so great an admirer of him, that he settled on him a life-long pension.

In 1497 Erasmus accompanied Lord Mountjoy to England, where he was graciously received by the king and where his learning secured him considerable attention from the men of letters of that country. Soon after Erasmus returned to the continent and secured the dispensation from the pope relieving him of his monastic vows.

Upon obtaining this release, he published several of his works. In 1510 he again returned to England where he was given a professorship at Cambridge. In 1514 he returned to the continent where he lived until death overtook him in 1536.

Erasmus was easily one of the most notable scholars of his day and to him can be given much credit for the reviving of scholarship in that age. He attacked the disorders of monasticism and superstition and was active in the reformation, although he was scored by Luther for lukewarmness. The "Praise of Folly" is, perhaps, his best work.—Wayne D. McMurray.

(© by George Matthew Adams.)

Papyrus, source of ancient papers, is again coming into use.

Ricardo Cortez



Ricardo Cortez, well known as "movie" actor, was born September 19, 1889, in Vienna. He is five feet eight inches tall and weighs 150 pounds. He has black hair and brown eyes. Before becoming a motion-picture actor he had played minor parts with stock companies.

AN ABBREVIATED STORY

THE PINK THINGUMMY

"OH, DEAR, Aesop!" complained Mrs. Dumpkopf. "I ordered a blue thingummy and they went and sent me up a pink one, and thingummies aren't supposed to be exchangeable and I suppose I'll have a terrible time getting a blue one for it."

"You won't if you go about it as a man would—as I would, for instance," said Mr. Dumpkopf vigorously. "I would simply walk up to the proper official, briefly explain, and demand a blue thingummy in exchange."

"Oh, Aesop, will you exchange it for me?" cried Mrs. Dumpkopf admiringly, and the next day Mr. Dumpkopf found himself briefly stating the case to the proper official and demanding a blue one.

"H'm," said the proper official, with a glance that made Dumpkopf feel like a pickpocket contemplating arson—"thingummies not exchangeable. H'm. When was it bought? Who bought it? Is this the one that was bought? Why not pink?"

"Why—I did, I mean, she did, I don't know. Because."

"Why wasn't it brought back before? Have you a middle name? What was the sales person's name? Were you born in this country?"

"Er—who, me? No. Yes. What?" floundered Dumpkopf.

"Why blue? Did you ever exchange a thingummy before? If so, what color? Was this spot on it? Was that? Were those? How much education have you had? Why not more?"

"Blydoot!" gasped Dumpkopf, and, trying the pink thingummy in an inextricable knot around the official's neck, he bought a blue thingummy at the thingummy department.

A LINE O' CHEER

By John Kendrick Bangs

A SUGGESTION

IF YOU would fill the passing day with cheer Spread far and wide the good news that you hear. Upon your neighbor's virtues, smiling dwell.

And if some bit of gossip you must tell Let it be of some kindness he has done. Or of some honor high that he has won.

And ere the day shall pass into the night You'll find the flying minutes all delight.

And when the sunset glows out in the west And you shall come into the vales of rest, Faith, Hope and Cheer will be your comrades on The highways leading to the golden dawn.

(© by McClure Newspaper Syndicate.)

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HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

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CHILDHOOD'S ENEMIES

UNDER this title Dr. Ada E. Schweitzer, director of the bureau of child welfare of the Indiana state board of health, discusses some of the health dangers of children in a recent number of the Indiana Health Bulletin.

One of the greatest dangers of childhood as of adult life is the "common cold." Colds are found everywhere, in all ages and classes, in all climates and locations. Investigations by the United States public health service show that they are by far the commonest and most universal of all diseases. While not dangerous themselves to life, they are the starting point for many serious and chronic conditions.

Babies with frequent or constant colds, who are always snuffling, wheezing and coughing, soon develop an unnatural condition of the delicate membrane lining of the throat and nose. The swollen and inflamed membrane in the nose causes not only a constant secretion and discharge of irritating mucus which keeps the nose plugged up and prevents normal breathing, but in time the membrane itself becomes thickened, closing up the nasal canal so that the child becomes an habitual mouth breather. Sleeping and waking, the child breathes through its mouth instead of through its nose.

Now the mouth was never intended to breathe through. When the air goes through the nose, as it should, it is warmed, strained and moistened and so reaches the throat and lungs warmed, moistened and strained, free from dust and other irritating matter. But when the air is drawn in through the open mouth it is cold, dry and full of dust. Continual mouth breathing keeps the throat dry and constantly irritated. Most children who are mouth breathers have constant attacks of bronchitis, dry, hacking coughs and difficulty in breathing. As a result, the lungs are not properly filled, the child lacks sufficient oxygen and soon becomes round-shouldered, flat-chested and anemic. Adenoids and infected tonsils are much more apt to develop in such children than in the normal child.

The child with constant colds is more apt to have pneumonia and tuberculosis. Even if it lives to grow up it is handicapped.

Protect the child from infections. If it is a chronic mouth-breather, find out why and have the bad habit corrected.

WHY WE GROW

WHAT makes us grow? And, on the other hand, what makes us stop growing? The process of growing is a natural one and the fact that we stop growing on arriving at full growth or maturity is also natural. But what determines the size to which we grow and what stops us when we reach a certain size?

Every form of animal life, except the very lowest and simplest, appears first much smaller than full size and grows to its permanent form. The baby human and the baby elephant, the kitten and the puppy are born small and undeveloped. They grow slowly or rapidly, the higher and longer lived forms slowly and the lower and simpler forms rapidly. The human baby needs twenty or twenty-five years for growth. The span of human life today averages fifty-nine years and rarely exceeds one hundred. The baby elephant needs forty years to develop his huge body but lives to be two or three hundred years old.

Why do our fingers and toes all grow to be the same proportionate size? Why doesn't one finger get ahead of the rest or keep on growing after the others have stopped? Why do some men stop growing at five feet and eight inches and others grow to six feet and four inches? What is our real age? Is it the number of years we have lived or the degree of growth we have reached?

These questions have so far had but one answer. Growth of the body begins, goes on and stops, because it is "natural."

Dr. Alexis Carrel of the Rockefeller Institute has been trying to find why growth begins and why it stops. Twelve years ago, he put a bit of the heart muscle of an unhatched chick in a test tube and, by keeping it at a fixed temperature and feeding it with chicken blood serum, he has kept it not only alive but growing ever since.

Doctor Carrel has found by many experiments that the white blood corpuscles and the glands produce certain substances which he calls feeders. This substance stimulates growth. If it is plentiful, the individual grows large; if scanty, he grows little. If it is absent, he doesn't grow at all. The younger the cells, the greater the amount of this substance produced. As the cells grow older, this decreases in amount. Another substance in the serum has just the opposite effect. It checks growth. There is little of it in the baby and much of it in the blood of the old man. So young serum stimulates growth and old serum prevents it.

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WRIGLEYS AFTER EVERY MEAL

WRIGLEYS AFTER EVERY MEAL affords benefit as well as pleasure. Healthful exercise for the teeth and a spur to digestion. A long-lasting refreshment, soothing to nerves and stomach. The Great American Sweetmeat, untouched by hands, full of flavor. SEEALED TIGHT KEPT RIGHT. WRIGHT'S SPEARMINT MINT LEAF FLAVOR.

Germany Saving Money Recent savings bank figures show that the Germans are beginning to save again and in the last year and a half the number of depositors has grown rapidly. During the inflation period no one in Germany thought of saving money. It was a policy of either "spend it before it is worthless," or of "get-rich-quick." Gradually, however, with the stabilizing of the mark value, the wisdom of economy has begun to reassert itself. Government officials and brain workers furnish the largest percentage of the depositors.

MONARCH Breakfast COCOA Experience of more than 70 years leads us to believe that it is impossible to produce a finer Cocoa than Monarch. 30c a pound. QUALITY for 70 years. Our Monarch Quality Foods are not sold by chain stores. Reid, Murdoch & Co. Chicago, U.S.A. Boston, Philadelphia, New York.

Peddling Pays Two hundred and fifty of New York's East side street vendors who peddle via pushcarts, everything from shoelaces to watermelons paid \$5 a plat for the privilege of attending a testimonial dinner to members of their profession. The invitations were gold-inscribed, and the meal was of the best variety. Mrs. Molly Barasch, "queen of the peddlers," wore her diamond diadem and a white lace dress.

A man must make his opportunity as oft as find it.—Bacon.

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 Manufacturer of Monocystolactone of Salicylic acid

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Green's August Flower for Constipation, Indigestion and Torpid Liver Successful for 50 years 50c and 80c bottles—ALL DRUGGISTS!

EX-ZEMA-FO For the treatment of Eczema and other skin diseases. Easy to use. A liquid. No greasy soiling of clothes. Apply to the skin and EX-ZEMA-FO does the rest. As a trial a 50-cent bottle will be sent free for 15 cents. NEWVOID COMPANY, 175 Seventh Ave., Brooklyn, N. Y. W. N. U., BALTIMORE, NO. 59-1925.