

**Build Up Your Health With DR. PIERCE'S GOLDEN MEDICAL DISCOVERY**

If You Would Avoid COUGHS, COLDS, GRIPPE.



A Tonic which Dr. Pierce prescribed when in active practice 60 years ago. In Liquid or Tablets, at your Dealers. Send 10c. to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for trial pkg. Tablets.

**Priest and Rhabdomancer**

Father Innocenzo, vicar of the Capuchins in Alexandria, is a famous rhabdomancer. By patting and smelling the earth he is able to tell what is underneath. This ancient profession, indispensable to the tribe in nomad times, is still valued in Italy. Father Innocenzo has found water—and what is more interesting to Americans, oil—in Italy and Tripoli. Recently, near the village of Bruggi, in the Curone valley, while rhabdomancing around he suddenly announced: "Gold and silver." In fact, samples of the earth taken to a Turin laboratory were found to contain four grams of gold and fifty-six grams of silver per ton of earth. Not much, but the townsfolk got excited and capitalized Father Innocenzo's further researches in their community.

**Simple Chords**

The simplest chord in music is a note with its third, either major or minor, and a fifth whether played together or in the form of an arpeggio. The more extended chords in general use are, the chords of the seventh, ninth, eleventh and the thirteenth, and their inversions. Several of the latter are known by different names when they are inverted.

**Baby Airplane**

A baby airplane, so light that a man can pick it up and carry it, but with a capacity for 75 miles speed in flight, has been developed in Brighton, England. The machine has a six-horsepower engine and a wing spread of 20 feet.

Sweet sixteen will always be charming no matter what the fashions and customs are.

Homely men can dilute on the charms of being handsome; it is a subject forbidden handsome men.

**WHY SUFFER ANOTHER DAY WITH INDIGESTION?**

The big seller today for acute and chronic stomach misery is Dare's Mentha Pepsin and it is such a fine, pleasant and supremely good medicine that if the first bottle you buy doesn't help you—your druggist will return the purchase price.

One man writes: "I cannot understand why any person will continue to suffer from gastritis or indigestion when Dare's Mentha Pepsin is available."

And tens of thousands of people—many of whom almost died with stomach agony—think the same way.

It's the right medicine for any person who suffers from bad digestion, gas, heaviness and that feeling of suffocation which is always dangerous.

For gastritis, indigestion, dyspepsia or any stomach agony—acute or chronic, keep Dare's Mentha Pepsin in mind.

**Have a lovely Complexion**



You can make and keep your complexion as lovely as a young girl's by giving a little attention to your blood. Remember, a good complexion isn't skin deep—it's health deep.

Physicians agree that sulphur is one of the most effective blood-purifiers known to science. Hancock's Sulphur Compound is an old, reliable, scientific remedy that purges the blood of impurities. Taken internally—a few drops in a glass of water, it gets at the root of the trouble. As a lotion, it soothes and heals.

6c and \$1.50 the bottle at your druggist's. If he can't supply you, send his name and the price in stamps and we will send you a bottle direct.

**HANCOCK LIQUID SULPHUR COMPOUND**  
Baltimore, Maryland  
Hancock Sulphur Compound Ointment—25c and 50c—For use with  
**Hancock Sulphur Compound**

**PORTER'S Pain King SALVE**

**Make Your Own Malt and Hop Beverage**

Guaranteed the best. Complete with postage \$1.25.

**GENESEE BEV. CO.**  
1849 Genesee St., Buffalo, N. Y.

**Clear The Pores Of Impurities With Cuticura Soap**

Soap, Ointment, Tablets sold everywhere.

**ALONG LIFE'S TRAIL**

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

**PEACE**

THE announcement came suddenly on that November day. Outside the bells were ringing, whistles were blowing, automobiles were honking by, and there was the sound of all sorts of noise-producing instruments. We had been expecting an announcement of some sort and were not surprised. As I hurried into the street to join the throng, a friend grasped my hand.

"The armistice has been signed; peace has come," he announced joyfully.

It was a never-to-be-forgotten scene—the crowd, unorganized, waving to and fro, filled with emotion of one sort or another because of the long-expected or long-desired peace.

To most of those in the throng, it had a personal meaning; there were a few, perhaps, who considered it even in those exciting moments the responsibility and readjustments which peace would entail—readjustments the most stupendous, perhaps, that any nation have had to make—but these people were few.

There was the singing and cheering and a few brief pointed speeches, and we turned home again through the dim light of early morning, tired, thoughtful, happy. We had done our part wholeheartedly in the war, tarry though we were, in taking up our task. We had made our sacrifices, trifling for the most part as they were compared with those which had been exacted from our allies. We had given our toll of precious young lives to the cause of democracy, and now peace had come.

"Had it come too soon?" I asked myself then as I walked slowly back home, and I ask myself now. "The war's over, why save any more?" I heard a young fellow say. Have we learned from the war as thoroughly as we should the lessons which war should teach? We had been a foolish, extravagant, wasteful nation. During the active war we learned a little of how to give, we practiced some economy, we were less wasteful of time and money, more generous, more unselfish, less self-seeking, perhaps.

Even before the bells stopped ringing that heralded the coming of peace, men and women both old and young began planning to relax the discipline under which they had been living, to begin again to eat and drink and spend as they used to do, to practice the extravagant self-indulgence for which, as a nation, we have been notorious.

Have we learned our lesson, or did peace for us come too soon? Have the lessons of economy and thrift and conservation and unselfish regard for our neighbors sunk so deeply into our brains that we shall have no need of learning them further? I wonder.

**WRITING LETTERS**

IT IS curious how few men answer letters unless by so doing some personal advantage accrues to the writer. No matter how courteous and gentle a note you may write to the man who owes you money, ten to one he does not reply to it until he gets ready, and that is often far hence. "What's the use?" he asks himself.

Last February I wrote, one leisure day, 24 congratulatory notes to as many undergraduate men who had attained intellectual distinction. Not one of these was ever acknowledged either by spoken or written word.

Not 25 per cent of the letters I write to fathers concerning their sons in college are ever acknowledged, and those which are acknowledged are quite as frequently as not turned over to the man's wife. Women are more likely to answer letters than are men. In 50 per cent of cases if a woman comes from a city, she either omits her street address entirely, or writes it only on the back of the envelope which the office boy throws into the wastepaper basket before bringing in the mail.

There is no better business policy than to acknowledge every letter that one receives, promptly, courteously, and to the point. The time that professional and business men give to answering letters widens their influence, and adds to their business efficiency. Men fail to answer letters from selfishness, carelessness, thoughtlessness, ignorance—almost never because they are too busy. The busy man cannot afford to put off the duty—he answers right away.

There is no greater social finesse than that seen in the promptness and care with which some people answer letters or acknowledge courtesies in writing. The man who wants to get on in business or to make and keep friends should acknowledge every courtesy and answer every letter which he receives whether it seems to his immediate advantage or not.

The best politician I have ever known, who had the strongest hold upon his constituents, was punctilious about his letters. He not only answered the purely business letters which came to his desk, but of his own initiative he wrote letters of congratulation, letters of condolence, letters acknowledging any courtesy or attention shown him, friendly and unselfish letters; and he wrote not only to people of prominence, but to people whose influence might have seemed to a less thoughtful observer not worth courting. He was a wise man.

**THINGS TO WATCH WHEN BUYING HAT**

**Head Size Must Be Correct; Crown Should Be Even With Headline.**

The fit of the hat now enters in a quest for new hats.

Nowadays few women like to wear a hat that has to be padded, however carefully the bandeau is put in, coils demand a well-fitting hat.

For one thing, the fit of the hat has everything to do with its serviceability. The hat with exactly the right head size, that seems to belong with the wearer's head, gets fewer knocks than the one that doesn't really fit correctly. The hat that is too large blows about, one is reaching continually and sliding it off one ear over on the other. The hat that is too small is constantly being pushed from the forehead or temple where it binds and gives one a headache, or induces profuse perspiration which soaks the lining; or one goes about carrying the hat in the hand for comfort. Hats of which the brims set too far down over the back of the neck are always getting in the way and are pushed up by the coat collar.

And comfort? The word is unknown to the woman who tries to wear a hat that does not fit her head, so it pays to search diligently and patiently until you find what you want. Otherwise you will discard the hat after a few weeks or less of torment anyway, and the whole thing will have to be gone through with again.

For a hat to fit, there are just two things necessary; the head size must be right, and the crown must be even with the headline.

The hat must sit on the head as if it belonged there. This means that it will not sit up too high, nor slip down

**Cross-Stitching Used to Decorate Her Dress**



See the green geese on the blue water. Mother cross-stitched them on her little daughter's new party dress. They are made of English angora yarn, and add much to its appearance.

**Shirt-Bosom Fad in Attire for the Outdoors**

A detail of masculine attire which is being adapted in a fetching manner to woman's dress is the shirt bosom. This is a new and exceedingly smart design in which overblouses, sports shirts and the simpler frocks are made. Some of these fronts are finely plaited in the same material. Some are ornamented with needlework. But the very latest, says a fashion writer in the New York Times, is the front shaped precisely like that in a man's shirt, the pattern of which is outlined in print only. These are very cleverly done, very delicate and graceful, especially on the white and light-colored frocks.

In soft little frocks, especially two-piece suits consisting of a kilted skirt and overblouse, printed "fronts" give a bit of snap that suggests the tailor, and they have "taken" like mad. Several prominent couturiers have been showing these models, the most lovely ones perhaps by Martial et Armand, who are bringing out new variants that will be seen at Palm Beach and other Southern resorts the coming winter. The prettiest suits are those in white, with the pattern done in color, giving at a distance the effect of hand-embroidery, cross-stitch or etching.

An appreciation of the mannish touch in women's sports clothes is illustrated in another way that is most intriguing. It is in the sleeveless jacket, brought out last year, the simple little utility garment of flannel or other woolen stuff. They were made to slip over the silk or crepe blouse of golf dress, and had an immediate ap-

too far over the eyes. Of course the particular manner in which the hat will be worn is taken into consideration, but it makes a difference whether it slides down over one eye of its own malicious intent, or because it "stays put."

A head size to be right must not bind at any point. If the wearer is conscious of any portion of the hat pressing against her head, it is not safe to purchase it. Neither must the

**Hudson Seal Fur Coat Trimmed With Red Fox**



The charming creation shown here, worn by a popular actress, is one of the new Parisian models in the fashion limelight. It is a Hudson seal coat, trimmed with red fox.

hat slide around on the head. If a hat does not stay on the head without the wearer constantly having to adjust it, it cannot be said to fit. If the original head size is not right, many women do not mind inserting a bandeau to correct this, but the padding must be adjusted so that it does not show. Get the kinds which do not make the head hot, or leave red marks on the forehead.

The base of the crown should be neither larger nor smaller than the head it is supposed to fit. The crown should fit comfortably over the headline. It should neither bind the head anywhere nor leave large spaces between the head and the hat. No matter what size the brim, this rule is invariable, and the crown itself should cling snugly and comfortably to the head.

**New Trimming for Silk Dress**

A smart little white crepe de chine two-piece dress has the collar and waistcoat made of small strips of the silk interlaced.

**Clipped Coif Vogue Is Favored by Parisienne**

Notwithstanding the ornamentation of the evening mode and the formality of the new daytime fashions, the bob marches with its head as serenely high, as ever. With the renaissance of so many ancient themes—even the separate blouse and contrasted skirt have been offered this season—there was a current suspicion that the clipped coif might become temporarily eclipsed. The latest reports from Paris, however, show that the vogue of the bob has not lessened in the least, and the modern Parisienne wears her hair closely and often mannishly shingled no matter how feminine her costume. Indeed, the vogue of the bob is increasing so rapidly that one of these days it is going to be labeled an essential. Immediately after which you may expect a sharp revival of the long locked coiffure—but that day is not yet.

**HOW TO KEEP WELL**

DR. FREDERICK R. GREEN  
Editor of "HEALTH"

**A PICNIC FOR GOOD TEETH**

AN ANCIENT philosopher long ago observed that it is easier to stimulate men by rewards than to scare them by punishment. Naturally, this applies to children even more than to adults. An interesting and amusing illustration of this truth is told in a recent issue of the Listening Post, the monthly bulletin of the Pennsylvania department of health.

The school nurse in Hanover had been trying for some time to have all the school children look after their teeth. The children were told the dangers and discomforts of decayed teeth. But little headway was made.

Finally, it occurred to Miss MacKenzie that a reward might do more than a threat. So the local Parent-Teacher association was interested and a plan worked out. It was announced that there would be a school picnic in the spring before school closed. What is there that rejoices the heart of the child like a picnic? Would they go? They would. The invitation was accepted unanimously.

But—as the old lady said to the life insurance canvasser—there was a catch in it. Only those children could go who brought along a certificate from the family dentist, saying that their teeth were in perfect condition.

Then followed four months of the busiest times the dentists in that town had ever known. Parents were amazed. Children who had cried and rebelled when taken to the dentist now went with joy and gladness. Children who had tried to get out of this dreaded visit now begged their parents to take them to the dentist at once. An honor roll for each room, on which appeared the name of every child who had brought back his certificate of dental perfection, hung where every child could see it. The one desire of every child was to see his name on the roll.

The school board offered a half holiday and the Parent-Teacher association offered a prize of \$5 to the room which would first show a complete list. It was won by the third grade three months after the campaign began.

The school enrollment was three hundred and fifteen. When the picnic was held, two hundred and thirty children had perfect teeth, forty-eight had been to the dentist, but had not had all their repair work quite finished and thirty-seven children, chiefly in the primary grade, had not been examined, probably because they had no dental defects.

**RAILROADS AND DISEASE**

THE spread of disease is largely due to man's movements from one place to another. Disease generally follows travel routes. In the Middle Ages, the Black Death, as bubonic plague was called, always spread along the established routes for caravans and shipping. Cholera from India has always followed the paths taken by returning pilgrims. The crusaders caused an enormous increase in disease. The East and the West swapped diseases, European diseases were carried by the knights, squires and camp followers from England, France and Germany to Palestine. On their return they brought back the diseases of the Orient to their own households. Naturally, this spreading of disease was slow, as all travel then was by foot or by sailing vessels. With our present-day rapid travel, all diseases would probably be world-wide if it had not happened that, just about the time steam began to develop as a means of transportation, our knowledge of disease and its prevention also began to grow. So that today, in spite of the fact that men travel freely and rapidly all over the earth as never before, disease is controlled and prevented as never before.

So important is the control of diseases on railroads that it has become a special branch of sanitation and the United States public health service has worked out a special method of controlling the spread of disease on railroads, which has been adopted by all the forty-eight states.

In Public Health Bulletin No. 129, Dr. Thomas R. Crowder, chief of sanitation of the Pullman Car company and one of the recognized authorities on railroad sanitation, tells how this work is carried on.

Modern knowledge has done away with many of the old beliefs and fears about disease. Our grandfathers were afraid of things. They thought any object which a sick person had touched could transmit the disease. So, in times of yellow fever epidemics, they spent much time and money and destroyed much property, for fear the baggage of travelers and the cargoes of ships and cars might carry disease.

Today we know that things are comparatively harmless. Few disease germs will live any length of time outside the human body. With the exception of those diseases carried by insects and those carried by dirty milk and water, diseases are passed directly from the sick person to the well. So the control of disease on trains is practically the same as the control of disease anywhere else. The most important thing is to keep the well person from coming in contact with the sick person.

**All Other Remedies Failed**

The Test of Time Proves the Value of PE-RU-NA



Under the date of March 6, 1902, Mrs. Maggie Durbin, 139 Riverside Ave., Little Rock, Arkansas, has this to say about her experience: "I was troubled for five years with a chronic disease. I tried everything I heard of, but nothing did me any good. Some doctors said my trouble was catarrh of the bowels, others consumption of the bowels. The medicine I took did no good. A friend advised me to try PE-RU-NA. I did. After taking two bottles I found it was helping me and continued. Am now sound and well."

A letter from Mrs. Durbin, dated December 12, 1923, shows that, even after twenty-two years, she is in the best of health: "I still recommend PE-RU-NA to my friends who need a good medicine and everybody is pleased. I thank you many times for what PE-RU-NA has done for me."

There is nothing strange in this experience of Mrs. Durbin. It has been repeated thousands of times by sufferers from catarrh and catarrhal diseases.

For sale everywhere in tablet or liquid form. Send 4 cents postage to the PE-RU-NA COMPANY, Columbus, Ohio, for booklet on catarrh.

**Niagara Falls**

The water that flows over Niagara has flowed from the four great lakes and the hundreds of rivers that flow into them, more than one-half of the fresh water of the world, according to one authority. The fact that evaporation and precipitation in the form of rain and snow are continually going on in the enormous areas of the Great Lakes region renders it unlikely that the Great Lakes will ever be drained in this manner.

**New Motor Fuel**

A new motor alcohol made from molasses and the juice of the sugar palm is said to make starting easy and eliminate knocking and carbon troubles. Its disadvantage is the cost of manufacture, but extensive experiments are being made in Hawaii to overcome this.

**BROUGHT RELIEF AFTER 2 YEARS SUFFERING**

"The makers of Tanlac will always have my warmest thanks, for I don't consider it any exaggeration to say I owe my life and present good health to Tanlac." is the striking statement of Andrew Greenhouse, Bremen.

Words simply can't express the misery I endured for 2 years from indigestion. At times gas pains would catch me around the heart and almost cut off my breath. These awful pains would last two and three hours. My nerves were all unstrung. I slept poorly and got in such a bad way that my days seemed to be shortening rapidly.

"I tried everything, but disappointment was my only reward until I began taking Tanlac. I have now and feel so different that there's no room for comparison. I eat good and sleep good and feel that Tanlac has given me a new lease on life."

Tanlac is for sale by all good druggists. Accept no substitute.

Tanlac Vegetable Pills recommended by the manufacturers of Tanlac.

**TANLAC FOR YOUR HEALTH**

Dr. Isaac Thompson's HELPFUL EYE WASH



**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 in the feet, makes walking easy. 5c by mail or all druggists. Hilder Chemical Works, Pathecoque, N. Y.

**WHERE OTHERS FAIL PICO**

Immediately relieves PILES At your druggist, or 50c. by mail SENDFOAM TOILET SPECIALTIES CO. 441 PRODUCE EXCHANGE NEW YORK

**CLEAR YOUR SKIN** of disfiguring blotches and irritations. Use **Resinol**

**ASTHMA**

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

**Dr. J. D. KELLOGG'S ASTHMA REMEDY**