

NEARLY INSANE AT TIMES

Mrs. Saunders Tells how Lydia E. Pinkham's Vegetable Compound Relieved Troubles of Change of Life

Knoxville, Tenn.—"I took Lydia E. Pinkham's Vegetable Compound while going through the Change of Life. I was very nervous, could not sleep and had melancholy spells. In fact, I was nearly insane at times and my memory was almost a blank. I was so weak I could not do my household half of the time and suffered dreadfully with my back. My doctor said I would have to worry it out and I went through this for three years before I began taking the Vegetable Compound which I saw advertised. I think it was eight bottles that I took. It has been two years since I took any and I haven't had a doctor since for that trouble. I do all my washing and ironing and I have gained from 116 to 138 pounds. I feel so well I think I do not need any medicine now, but I advise all women who suffer physically and mentally as I did to give the Vegetable Compound a fair trial. I hope it will do as much for them as it did for me."—Mrs. T. A. SAUNDERS, 711 E. Depot Street, Knoxville, Tenn.

Where He Fell Down
"What are you in for?"
"Slow driving, sir."
"What! Arrested because you drove slow?"
"Yes, sir. I stole a car and didn't get away fast enough."—Boston Transcript.

No Cold

Fever headache or gripe—
Colds break in a day for the millions who use Hill's Headache and Fever Stop. La Grippe is checked. All in a way so reliable that druggists guarantee results. Colds are too important to treat in lesser ways.

All druggists Price 30c
HILL'S CASCARA QUININE
Get Red Box with portrait

WHY SHOULD ANYONE SUFFER WITH INDIGESTION OR ANY STOMACH MISERY?

If you want to fix up your dyspeptic, out of order stomach so that you can relish 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 Dore'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.

Let Cuticura Soap Keep Your Skin Fresh and Youthful

A Raw, Sore Throat

Eases Quickly When You Apply Little Musterole
Musterole won't blister like the old-fashioned mustard plaster. Spread it on with your fingers. It penetrates to the sore spot with a gentle tingle, loosens the congestion and draws out the soreness and pain.
Musterole is a clean, white ointment made with oil of mustard. Brings quick relief from sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of the back or joints, sprains, sore muscles, bruises, chilblains, frosted feet, colds on the chest. Keep it handy for instant use.

To Mothers: Musterole is also made in milder form for babies and small children. Ask for Children's Musterole.
Jars & Tubes
MUSTEROLE
WILL NOT BLISTER
Better than a mustard plaster

Garfield Tea

Was Your Grandmother's Remedy
For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

KEEP EYES WELL!
Dr. Thompson's Eye Water will strengthen them. Ask your druggist for the Silver Tray, N. Y. Booklet.

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"
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TREATMENT OF CONSUMPTION

THE treatment of tuberculosis in special tuberculosis hospitals is a comparatively recent idea. The entire sanitarium movement in this country has developed in the last forty years. Prior to that time consumptives were generally treated and cared for in their own homes, the long-drawn-out character of the disease being such that few patients reached the hospital except in the last stages of the disease.

Two evils resulted from the presence of consumptives in private homes: the patients themselves did not receive the treatment they needed, and all the other members of the family were exposed to infection.

The death rate for consumption in those days was very high. In 1880, according to Dr. Arthur T. Laird, superintendent of the Napeming (Minn.) State sanitarium, the death rate for the United States from tuberculosis was 326 per 100,000. From 1881 to 1890, the death rate in Massachusetts was 364 per 100,000. Even this was a marked decrease from the death rate in the same state in 1880, which was 410 per 100,000. This awful death rate has gradually been reduced, until the tuberculosis death rate for the entire country in 1920 was only 114.

How much the sanitarium treatment has had to do with this reduction is a question.

Open-air treatment of consumption was first used by Dr. George Bendington of England in 1839. The first sanitarium was established in Germany in 1839. The first tuberculosis sanitarium in this country was founded by Dr. E. L. Trudeau at Saranac Lake in the Adirondacks in 1884, where Doctor Trudeau, himself a consumptive used the treatment by which he had cured himself.

Special hospitals for consumptives are now found everywhere. The methods used are largely the same. They include rest, good food, fresh air and sunshine and outdoor life with such special treatment as the individual patient needs.

Not only is the consumptive patient much better off in a special sanitarium where he can have such care as he needs, but he has also a far better chance to recover, and he is in no danger to his family and friends.

But the most valuable feature of the sanitarium treatment is that the patient learns from experts who have given their lives to the study of this disease how to take care of himself as to guard against relapses and to protect himself and other members of his family against fresh infection.

So the present-day tuberculosis sanitarium is really a college in which one learns how to fight this disease.

HOW OLD ARE FLAPPERS?

THE flapper is not a recent product. She has existed for hundreds of years. In an old book written in 1100 and recently republished by the Oxford University Press, the author has this to say about the flappers of 800 years ago.

"Alas, how miserably maidenly modesty has fallen off. In the behavior of young girls of today nothing can be noted but unseemly mirth, wherein are no sounds but of jest, with winking eyes and babbling tongues and wanton gait and most ridiculous manners. The quality of their garments is so unlike that frugality and decency of the past that in the widening of their sleeves, the tightening of their bodices, nay, in their whole persons, we may see how shame is cast aside."

This is what 1050 thought of 1100, just what 1875 thinks of 1925. Every generation thinks that the next generation is going straight to perdition. Yet the poor old human race keeps grinding along and somehow gets a little better every year, even if skirts do get a little longer or shorter or sleeves get looser or tighter.

The Camp Fire Girls of America, made up of 600,000 American girls, have asked Coleen Moore, the well-known moving picture star, to lead a movement to wipe out the term "flapper" and to call our young girls "moderns" instead. As Miss Moore is known in screen circles as "the perfect flapper," she is probably better fitted than any one else to lead such a movement.

But whether you call the young girl of today a flapper or a modern is merely a matter of name. When it comes to real accomplishments she is far ahead of any previous generation. She swims, she rides, she plays golf and tennis. She is larger, stronger, healthier and better developed, so much so in fact, that the Camp Fire Girls which formerly did not admit girls under twelve years of age, has recently reduced this to eleven because the eleven-year-old girl today is larger, stronger, more intelligent and farther along in her studies than the girl of twelve used to be.

Watch the girls coming out of school in any of our schoolhouses today. There are fewer bowlegs, crooked backs, stooped shoulders, pale faces than there used to be. The girl of grandfather's day used to faint if a mouse got in the room. Today, if such a thing happened, the girl would be in no danger. But God help the mouse.

COLORFUL FROCKS FOR BRIDESMAIDS

Brown, Bois de Rose, Blue, Among Favored Shades; Hats in Colors.

Picturesque elaboration is the keynote of the winter bridesmaids' costumes and close conformity to the evening mode is invariably, says a Paris fashion correspondent in the New York Herald-Tribune. The day is long past when the bridesmaid's frock was impractical for any other occasion and today it is selected to serve later as a formal gown. Fortunately the ornateness of the current mode permits luxury and embellishment in profusion, and the modern maid of honor and bridesmaids contribute a vivid background to the ancient ceremonial.

All sorts of colors and color schemes are featured. At one wedding the maid of honor wore a gown of deep-brown chiffon with a petal skirt and a hand-painted girdle. Her picture hat, in the same color, had a felt crown and a large velvet brim. The bridesmaids wore the same costume, in a distinctly brighter shade and all carried armfuls of garden flowers.

At another ceremony the bride's attendants wore taffeta gowns in different shades, accompanied in each instance by a matching georgette crepe cape and a picture hat of the same colored taffeta.

A more colorful effect was achieved by a group of bridesmaids who were clad in frocks of bois de rose georgette embroidered with gold beads and having overskirts of gold net similarly embroidered. The large accompanying hats were of felt in the same shade of bois de rose trimmed with a large

Sports Frock Suitable for Informal Occasion



The mousquetaire sleeves, the square neckline, the button trimming, are smart details to be noted in this practical little homespun frock. It is a sports frock pretty enough for any informal occasion.

Many Decorative Pins in Attractive Shapes

Some handsome pins furnish decoration for the shoulder. These serve no purpose in particular, except to secure one end of a scarf. They are shown in lovely shapes, of onyx and crystal, jade, amethyst and rose quartz. Some, of course, are set with genuine stones, to be worn with afternoon and evening dress. Chic little ornaments of this sort are designed in the various sports patterns, jockey caps, riding crops, spurs and bridles. Some of the new hatpins are charming, both those that fasten the hat on and those that only trim. The fashion is so well established that unusual attention is given to the designing of these pins that often form the sole trimming of a hat. Some are costly, with finely-carved bits

Lovely Fabrics Used for Coats and Wraps

Particularly successful, varied in form and made of lovely fabrics, panne and velvet (the latter particularly) are much employed for coats and wraps, also broche and broche-lame. They are richly trimmed with fur which forms either a huge collar or a border. A very good cape had the upper part made of flying squirrel while gathered blue velvet formed the rest of it. Two or three models of capes had sleeveless boleros or jackets attached to them at the collar which is both practical and smart. One of these models has a straight cape in a lively designed lame in pastel shades of pink and green and its lining as well as a straight, rather long jacket were in pink velvet trimmed with silver and green embroidery.

The Popular Colors

For the day: Much blue of the lavender, royal, saucy and navy shades, also a great deal of green, including vert tilleule; brown, vieux rose, claret, black. For evening: Orange, red, claret, green, white, black, gold and silver.

flower of the identical tint. Coats of blue georgette were worn by the bridesmaids while the maid of honor chose bois de rose, matching the gown, as the shade for her coat.
The vogue for pastel hues is also in evidence. Cream georgette crepe was the material worn by a smart group of

Smartly Flared Gown Is Trimmed With Fur



This winsome frock of novelty crepe is made extremely chic by embroidery touches at the cuffs and collar. The skirt is trimmed with chinchillette.

bridesmaids at a recent wedding and the skirts were picturesquely outlined by orange and yellow flowers along the upper edges and chintilly lace at the hem. All were in the same color.

Varying shades of the pastel colors were also featured for the bridesmaid entourage at an exclusive wedding where they wore low-waisted frocks in many shades of chiffon, all different and running the gamut from maize to amber. Velvet hats accompanied each frock and each of these was in the same shade as the dress.

Colorful effects were uppermost in the mind of a smart French bride, who not only departed from the conventional by lining her bridal veil with flesh pink but who also used poudre blue, almost unrelieved, as the color for her maid of honor and bridesmaids. Each of the six attendants wore a molded bodice, full-skirted gown of poudre-blue georgette and an upturned brim hat of the same colored velvet.

Veterans in Fashion's Ranks

A top sergeant of the A. E. F. used to amount to something in France. So did the chief petty officer of the navy with a lot of service stripes. Their influence is seen once more in one of the latest Parisian frocks imported here which is of blue crepe de chine. The sleeves are loose with hash knife stripes in white surmounted by three white chevrons. The entire front of the skirt is formed of godets trimmed with blood white chevrons.

ALONG LIFE'S TRAIL

By THOMAS ARKLE CLARK
Dean of Men, University of Illinois.
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CHRISTOPHER COLUMBUS

I HAD never taken Christopher Columbus very seriously until I crossed the ocean the last time. I recall his picture in the old geography, which I studied. I was about to say, but which at least I held in my hands once a day in the country school which I attended. He was very elegantly dressed, it seemed to me, in short trousers and a curiously cut coat, and he wore a plumed hat on his head as he shook hands graciously with the mild mannered savages who came down to the shore in quite an orderly way to meet him as if they were accustomed, as a part of their daily routine, to greet strangers from Italy or Spain or wherever it was that Columbus sailed from.

"In 1492" the history said, "Columbus discovered America." It seemed to me quite the natural thing then for a man to do. Why some one had not thought sooner of doing it, I could not see, but I had not seen the ocean then nor had I much conception of its terrors.

We were eight days between Montreal and Liverpool—five of them in the open sea—tossed by the waves, blown by the wind, pierced by the biting cold when we ventured on the deck. Most of the passengers kept to their berths until the last day, coming out then pale and haggard from their illness. And all this was in a vessel fitted up with every modern comfort—play rooms, and luxurious lounges, and steam heat, and enclosed decks to shut out the fiercer winds and the overwhelming waves. We knew where we were going and how far we had come and what dangers there were to be avoided. Our path was a straight paved road as compared with the rugged course which Columbus followed.

We were less than five days out of sight of land in a safe, comfortable ship, and yet when a storm came up there were many experienced people pale with terror. Columbus and his band were in frail boats, they were weeks upon an unknown sea, not knowing what dangers they would encounter.

It takes courage and determination and vision to be a pioneer, to blaze new trails, to discover new countries, in science, in religion, in social reforms. Men are doing it even today and braving storms of doubt and criticism and abuse in the doing, and when they finally do reach the land for which they sailed we often take it as lightly as I took the discovery of Columbus.

DOING WHAT ONE MUST DO

IT IS amazing what one can do when forced into a corner. The muskrat which ordinarily confines its excursions to the earth or to the water, leaving arboreal heights to those animals better prepared by nature for such labors, was said once to have climbed a tree, and when questioned gave an explanation of his unusual behavior that he had to do it. Even human beings can do many difficult things if they have to.
It was unbelievable what young fellows accomplished in a few weeks in their preparation for service in the great war both in mental and physical affairs. Under the stress of circumstances they learned as much in three or four months as would usually require as many years.
Nancy and I visited one of the oldest and most provincial towns of Spain last summer. Neither of us had any knowledge of the Spanish language—not even enough to say "good morning," or "I should like some hot water," but we had been told by our friends who were wiser than we that people spoke English at all the hotels, and if it came to the worst we could use French.

We got into the town just at night and stepped out of the train into a maelstrom of foreign tongues and foreign customs. Fortunately we knew the name of our hotel and got to it without difficulty.
Then our trouble began. No one at the hotel could speak either English or French; no one in town could, so far as we could discover, excepting one man, and he was busy. By gestures and other indications we made it clear what we desired and ultimately got to our rooms and had our dinner served. Then we settled down to business.

I had in my bag a little book called "Spanish in Ten Easy Lessons" and proceeded to master these. They were not easy, that is quite certain, but before we went to breakfast the next morning we had learned an amazing amount, and we could be understood when we wanted change, or drinking water, or stamps, or were interested in the age of the cathedral. We found ourselves, before we left the city, almost on a par with the muskrat that had climbed the tree.

I've about concluded that a man can do almost anything he really wants to do, and at least anything that he has to do.

"Now I Am Well and the Mother of Two Children"

Just Another Story About the Goodness of PE-RU-NA



Mrs. Anna Linder, R. F. D. No. 1, Box 44, Dassel, Meeker County, Minn., writes: "For two years I suffered with that terrible disease, chronic catarrh. Fortunately I saw your advertisement and took Pe-ru-na. Now I am well and the mother of two children. I owe it all to Pe-ru-na. I would not be without that great remedy for twice its cost, for I am well and strong now. I cannot speak in too high terms of its value as a medicine."

For more than half a century Dr. Hartman's Pe-ru-na has been performing just such wonderwork as this.

Pe-ru-na is sold everywhere in both tablet and liquid form. Insist upon having genuine Pe-ru-na.

SPOHN'S DISTEMPER COMPOUND
Keep your horses working with "SPOHN'S." Standard remedy for 32 years for Distemper, Strangles, Indisposition, Coughs and Colic. Give to sick and those exposed. Give "SPOHN'S" for Dog Distemper. Sold by your druggist. If not, order from us. Small bottle 50 cents, large 1.00. Write for free booklet on diseases. SPOHN MEDICAL CO., Dept. GOSHEN, IND.

Louisiana's Hope

The small head-eyed muskrat may yet make Louisiana one of the richest states in the Union. Last year residents along the Gulf coast sold 1,000,000 muskrat pelts for \$1 each. Now the Department of Agriculture has employed a naturalist to see what he can do in making this new industry permanent.

Double Entry

Clerk—I've—had an addition to my family, sir.
Dealer (absent-mindedly)—Addition? Well, if it's correct, enter it in the ledger.—Good Hardware.

Some heads are made to carry while others merely serve as hat racks.

Sure Relief

BELLANS FOR INDIGESTION
6 BELLANS Hot Water Sure Relief
BELLANS FOR INDIGESTION
25c and 75c Pkgs. Sold 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 1/2% Pure Sulphur. At Druggists.

STAND THEM ON THEIR HEADS

RAT-NIP
The one poison they can't resist. It gets them every time. Kills rats and mice quickly, positively and safely. A single tube has killed more than 100 rats in one night.
Simply spread on bread and put where rats can get it—they'll be dead in the morning.
Easy to use—your hands need never touch it.
In clean, screw-top metal tubes, 35 cents.
BUFFALO SPECIALTY CO.,
The URBAN VILLAGE People
Buffalo, N. Y.

ASTHMA

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