HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

(@. 1926, Western Newspaper Union.) **BLACK LADY**

BLACK LADY was a beautiful cow. She belonged to a farmer in Edgar county, Illinois. She was fat and slick and apparently perfectly happy. She gave a large amount of milk,

When the state department of agriculture tested her and pronounced her tubercular, the farmer was mad. "Those scientific fellows make me tired with their germs and tests and microscopes and things. Where's the sense in killing a perfectly good cow: Our grandfathers and grandmothers never heard of such nonsense and I guess they lived as long as anybody."

So he gave Black Lady to Kelly, one of his farm hands and Kelly took her home. Mrs. Kelly and the seven little Kellys soon became very fond of her especially the five who liked milk. The oldest child didn't drink milk and the baby was too little. But all the others did. So did the family cat and the kittens and the pig, when it could get

Two years went by. Then Annybell. the five-year-old girl, began to have pains in her back, "But all young children have growing pains and they soon outgrow them." 'Only Annybell didn't. She got worse and her back hurt her so that, finally, the doctor was called.

He found that little Annybell- had tuberculosis of the spine. Then he found that Black Lady and the other cow, the pig, the cat and all the kittens had tuberculosis. So did all the rest of the family, except Mr. and Mrs. Kelly, the oldest girl and the baby. none of whom had drunk milk.

So, as one of the children said: "Annybell got sick and the doctor came and took away Black Lady and the red cow and all the kittens. We're awfully sorry to lose Black Lady, 'cause she was such a pretty cow. Annybell's getting better now but she has to wear a plaster cast. We're drinking milk now from another cow that the doctor says is tuberculin tested. I don't know what that means but the doctor says if we drink pure milk and stay outdoors in the sunshine we'll soon be well again."

This is a story from real life. Black Lady was a pretty cow but pretty cows are just as apt to have tuberculesis as homely cows.

It was a pretty expensive lesson for Kelly, who thought he was giving his little brood good milk. The farmer who gave him Black Lady was fined \$100. That's all right, only it doesn't make little Annybell's back straight noy the other little Kellys well. The farmers of Edgar county have learned that quarantine laws are not foolish but are for the protection of the people and that when they are broken someone suffers, even sometimes little chil dren.

Little Annybell doesn't know she is at object lesson to the farmers of IIIInois. All she knows is that her back hurts and that she has to wear a heavy plaster cast and that she can't run and play like other children. But she will know some day and then she'll tell other little girls on farms, "Don't drink milk from tubercular cows. I did and I wish I hadn't."

And all this story is written in the records of the Illinois state department of agriculture.

THE EYES OF SCHOOL CHILDREN

ONLY one child out of ten, of the average age of eight and one-half years, has perfect eyesight. Sixty per cent of all school children need glasses of some kind to aid their eyes. These are the conclusions of a committee of experts who have made a careful and painstaking examination of a large group of school children. Most of these children were far-sighted. Over 88 per cent have some degree of farsightedness. Of the remaining 12 per cent, 4 per cent were near-sighted while only 8 per cent had perfect

Fortunately, far-sightedness tends to correct itself with growth and development, more than near-sighted-Nevertheless, many of these children, at least during their school years, need and should have help in the form of suitably fitted glasses to relieve the strain on the eyes and to reduce the danger of injuries to the

vision in later years. That these eye defects do not all disappear in later years is shown by the fact that an examination of 42,275 college students in 22 colleges and universities shows that the amount of defective vision runs from 15 to 51 per cent in the various colleges, with an average of 37 per cent.

How about the school children who don't go to college but who go to work when they finish school? Here the average is even higher. The committee appointed by Secretary Hoover found that in 7 large factories employing 8,000 or more men, eye tests made on 136.830 employees showed defective vision ranging from 48 to 71 per cent and averaging 53 per cent. That means that every other man had

some defect of sight. So whether your child is going to college or going into a shop or factory, during his school days, at least, his eyes should be carefully watched and protected for the sake of his future.



MR. NIGHTHAWK

MR. NIGHTHAWK dropped swiftly down among the trees in Farmer Green's dooryard.

He fell so fast that Kiddle Katydid, watching from his hiding-place in one of the maples, couldn't help hoping that the sky-coaster would be unable to stop bimself in time to escape being

dashed upon the ground. But Mr. Nighthawk was very skillful at that sport. Just at the right moment he turned quickly, while the air rushed through his wing feathers with



"They Say That You're a Great Jumper."

a rearing sound. And then he mount ed upward again.

Meanwhile Kiddie Katydid kept very still among the leaves, with his wings folded over his back. Only his two long, thread-like feelers would wave backwards and forwards, although he tried to keep them still. He was so nearly the color of the green of the tree-top that he trusted Mr. Nighthawk wouldn't be able to spy him.

But he was soon disappointed. For Mr. Nighthawk suddenly cried "Ha!" and alighted on a neighboring limb.

needn't think I don't see you!"

"Why, good evening!" Kiddle Katydid answered, since he was discovered -and there was no use denying it, "It's a great surprise-meeting you so unexpectedly. If you'd only sent word that you were coming I'd have made different arrangements."

"I have no doubt you would have!" Mr. Nighthawk sneered. "But I like to take people unawares. heard about you," he added "They say that you're a great jumper-the spriest in all Pleasant Valley."

"Well, I can jump fairly well," Kiddie Katydid admitted. "But I don't pride myself on my jumping. It's something that has always run in my family, you know. All of us Katydids can leap quite a distance without any trouble."

"So I understand!" Mr. Nighthawk replied. "And I'll tell you some news that ought to please you: I've come here tonight for the special purpose of seeing you jump!"

Kiddle Katydid almost jumped out of his skin when he heard what Mr. Nighthawk said. And it wouldn't have been anything remarkable for him if he had. He had already squirmed out of his skin six times that summerthough not from fear, of course, Casting his skin was almost a habit with Kiddie. All his family were like that.

learned a thing or two during his brief lifetime. And though he would have liked very much to jump-and jump out of Mr. Nighthawk's sight, too-he had no wish to hide himself inside that feathered scoundrel. So he clung all the tighter to his perch and replied that he didn't believe he cared to do any jumping that night.

Now, Mr. Nighthawk had a certain odd trick of talking through his nose. Whether that was because the late hours he kept, even on dark nights, gave him a cold in his head, nobody seemed to know. Anyhow, he began teasing Kiddie Katydid to jump for him-and he talked through his nose more than ever. Yes! although Mr. Nighthawk tried his best to speak pleasantly, he only succeeded in making Kiddie Katydid want to laugh at "There you are!" he said. "You him, for all Kiddle was so uneasy. (@ by Grosset & Duntap)

Among the **TABLES**

KATE CHASE

TWO generations ago Kate Chase, born August 13, 1840, was known as the most beautiful woman in America -was probably the most envied one. too, for she had wealth, great beauty. devoted husband, three charming children, and apparently great happiness. Today she is almost unknown.

Her mother had died young, and when she was fifteen, she was called upon to superintend all the elaborate entertaining which her father's position as governor of Ohio, necessitated. She was exceedingly popular as a hostess and the belle of the state. She is described as having red gold hair and hazel eyes and the marvelous complexion that goes with this type. and a certain exquisiteness of person.

When she was twenty, her father was made a senator and Kate moved to Washington, where her fame as a beauty became nation-wide. Shortly afterwards, she met and fell in love with the new governor of Ohio, William Sprague. The war was on, then. and Sprague enlisted, so it was not until 1863 that the pair were married. Kate continued to be the most soughtafter woman in the capital, spending her time between Washington and the palatial home her husband had built

Then her one fault wrecked her happiness: she had never been taught the value of money, so she ran through her husband's fortune; misunderstandings arose, and finally the two agreed to a divorce. Kate and her three daughters went to Europe, and after a time returned so poor that her very home had to be sold. However, old friends saved it for her, and she finished her life in comparative obscurity. (© by George Matthew Adams)

A LINE O' CHEER

By John Kendrick Bangs. WASHINGTON'S BIRTHDAY

IS not so much my place out T in the sun
That marks my debt to
noble Washington. And calls to me to consecrate this day

To him who wears our country's greenest bay.
As that which through his spirit hath come down. The heritage, the glory, and the

Of all his people in the gift he And freely gave to us in days of

In an unselfishness supreme, and sacrifice More than the richest jewels be-

yond price.
(© by McClure Newspaper Syndicate.)

WHENIWAS TWENTY-ONE BY JOSEPH KAYE

At 21-Norman Hapgood Wanted, Big Royalty Checks.

"WHEN I was at the age of twenty-one I was a student at Harvard university. But nothing I studied at college could satisfy my ambition. My thoughts jumped beyond the campus, and settled on the busy streets of the metropolis, where mighty editors ruled mighty publications, on the pages of which I visualized my name, prefixed by the treasured word 'by.'

"The Imbition that possessed me at twenty-one was to be a successful writer.-Norman Hapgood."

TODAY-Norman Hapgood is himself one of those editors he dreamed of storming in their lairs in those early days at college. As editor of a well-known magazine, he doubtless hears daily young men voicing the words that used to form his own motto, "I want to be a successful writer," and daily he and his readers have to send out batches of rejection slips that tumble down the spirits of these ambitious young men from the mounts of hope to the deep valleys of dejec-

Mr. Hapgood has had a varied career. He began as the dramatic critic of the New York Commercial, a financial newspaper that runs a dramatic section for the benefit of the tired brokers and bankers; then he worked on the Bookman for five years and was graduated to the post of editor of Collier's Weekly. In 1919 he was appointed E. E. and M. P .which means envoy extraordinary and minister plenipotentiary - from the United States to Denmark, and a short time ago he became a magazine editor. (by McClure Newspaper Syndicate.)



૽૱૱૱૱૱૱૱૱૱૱૱૱૱૱૱૱૱૱૱૱૱

Aileen Pringle

\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

This is a recent picture of Alicen Pringle, the well-known "movie" star, who has been seen in numerous screen Though he was not nearly so old as pictures and whose work is greatly Mr. Nighthawk, Kiddle Katydid had admired by her thousands of friends.



LITTLE SLABSIDES

"HANG that brat!" muttered Iron-jaw savagely.

He referred to little nine-months-old Slabsides, who lay yowling tirelessly at the base of the cilff on which Ironjaw sat sunning himself. He had promised to watch the baby if Fireeye, his wife, did the hunting that afternoon.

Little Slabsides yowled on. "The pesky paleolithic nuisance!" growled Ironjaw. "I'll fix his feet." And he rolled a great rock over the

edge of the cliff with unerring aim. still a few minutes, but soon his yowls other slice. Press the edges together obtruded on Ironjaw's sweet reveries-he was thinking of the afternoon when he had pulled Fire-eye down from the wicker tree by her hair

and bashfully proposed to her. "Oh, you won't, won't you? You More Than Anything Else, to Draw will, will you?" bellowed Ironjaw. And he rolled a dozen rocks, one after the other, over the cliff to bounce on poor Slabsides' little head. Suddenly he heard a loud yell in a familiar

> "You heartless brute! What are you doing?" screamed his wife. "Er-rocking the baby to sleep." replied Ironjaw with hardly a moment's

hesitution. And Fire-eye, who loved a joke as well as anyone, laughed heartily and forgave him and soon afterwards the three of them were happily partaking of the elegant 80-pound jowcegus that

she had brought home for supper. (by George Matthew Adams)

WHO SAID "Friendship always benefits: while love sometimes

Injuries"? THESE words are attributed to Lu

L cius Anneus Seneca, Roman philosopher and son of Marcus Anneus, one of the most eminent rhetoricians of his day. Born in Corduba, Spain, about the

beginning of the Christian era, Seneca was taken to Rome at an early age and there gained some distinction as an advocate and was made quaestor. At the height of the turbulent political times, Seneca fell victim to a false accusation against him by the nefarious Messalina, and was banished to Corsica. At the expiration of eight years of exile, he returned to Rome where he was intrusted by Agrippina with the education of her son, Nero

He was made consul A. D. 57. A plot on the part of Nero to poison the rising philosopher failed, and he was drawn into the famous Pisonian conspiracy and accused. At a Roman trial typical of the time, Seneca was adjudged guilty and given the privilege of selecting the manner by which he might meet death. He opened his veins and finally succumbed A. D. 65.

During the period in which Seneca was at the height of his prominence statesmen of the ancient world did him homage and his philosophies even today are quoted widely. That he wielded tremendous influence in the courts is undoubted, but his life was one constant warding off of impending danger, threatened by those who feared him and were jealous of his popularity. Pompeia Paullina, Seneca's second

wife, at the time of her husband's execution expressed the wish that she might die with him, and had even opened her veins to accomplish this, She survived him, however, by several years .- Wayne D. McMurray. (by George Matthew Adams)

The Kitchen Cabinet

(@, 1920, Western Mewspaper Union. For age and want, save while you may: No morning lasts a whole day.

Get what you can, and what you get, hold;
'Tis the stone that will turn all your lead into gold. -Benjamin Franklin

SEASONABLE SANDWICHES

During the winter the filling for sandwiches may be prepared of game. turkey and evarious meats which are especially good during the colder months. Turkey Sandwichos.-Mix one-

half cupful each of chopped cold turkey, celery and blanched almonds. Season with salt, pepper and moisten with mayonnaise dressing. Spread half the slices with the dressing, cover with a lettuce leaf; spread the remaining slices with a thick layer of the turkey mixture. Put together in pairs, trim off the crusts and cut diagonally across. Garnish with ripe

olives and celery hearts. Serve with coffee or mulled cider. Caviare Sandwiches .- To one-fourth of a pound of caviare, add two tablespoonfuls of lemon juice and three tablespoonfuls of olive oil. Stir until creamy, then spread on thin slices of white or entire wheat bread, press edges together, sprinkle one side of each sandwich with paprika; insert small sprigs of parsley in the centers and serve with oysters.

Hot Chicken Sandwiches.-Chop medium fine, cold cooked chicken. Have ready rounds of hot buttered tonst. Slightly moisten the chicken with hot chicken gravy and spread half the rounds with the mixture. Cover with the remaining rounds. Arrange sandwiches on hot plates and pour over the hot chicken gravy. Serve with celery salad.

Emergency Sandwiches,-Take one cupful of grated cheese that is rather dry, add three hard cooked eggs finely chopped. Add one tablespoonful of finely chopped chives or onion, season with sait, cayenne and paprika. Moisten with mayonnaise or thick cream. Use as filling for white bread sandwiches, spread with mustard butter.

Peanut Butter and Tomato Sandwiches.-Moisten peanut butter with tomato catsup. Spread thin slices of white bread with the mixture, cover The baby, somewhat daunted, kept | with crisp lettuce and cover with anand serve at once.

Salads and Other Things. A very pretty, as well as tasty salad, is prepared with lemon jello as

a base.



Carrot, Pineapple and Lemon Jello Salad .-Grate carrots to fill a cup, add as much finely diced pineapple, stir in-

to lemon jello and pour into small molds to harden. Serve on head lettuce with a highly seasoned mayonnaise dressing.

The Three P's Salad .- Take a cupful each of stewed prunes, rolled peanuts and minced pineapple. Arrange on head lettuce and serve with French

Hot Open Oyster Sandwiches .--Scald one cupful of cream, add two tablespoonfuls of fine bread crumbs. one tablespoonful of butter, one-eighth teaspoonful of paprika, a few grains of nutmeg and salt to season. Wash, drain and chop two dozen select ovsters, add to the first mixture and stir until thoroughly heated without boiling. Add one-half teaspoonful of finely chopped parsley and spread rounds of hot buttered toast with the mixture. Serve at once, garnished with lettuce hearts and olives.

Roast Goose.-- As geese are so fat it is necessary to treat them differently in cooking than the ordinary fowl. Scrub it well with soda in the water, stuff and truss and place in the reaster in a hot oven. As the fat begins to fry out, thrust a fork into the skin and pierce the breast of the goose all over; when there is a cupful or more of the fat in the pan, pour it out and continue piercing the skin occasionally until the most of the fat is withdrawn, then baste during the reasting. This fat may be used for various things. Goose fat is invaluable as a remedy for rubbing on the chest and throat when suffering from colds and croup.

Jelly Sandwiches.-Spread slices of thinly cut white bread with creamed butter, cover half of the slices with quince jelly, or apple, sprinkle with chopped nuts. press together into pairs and cut into fancy shapes. *

Keep Cockroaches Away Cockroaches will not frequent rooms

unless they find some available food material, and if such materials can be kept from living rooms and offices or scrupulous care exercised to see that no such material is placed in drawers where it can leave an attractive odor or fragments of food, the roach nulsance can be largely restricted to places where food necessarily must be kept. In such places the storage of food materials in insect-proof containers or in ice boxes, together with thorough-going cleanliness, will go a long way toward preventing serious annoyance.

Builds up weak bodies



for me, Tanlac has my unlimited praise and endorsement. 3 years of nervous indigestion hadruined my l:ealth and shattered my nerves. Tanlac gave me perfect health again." Mrs. Ed. Groff, 232 No. 9th Ave., Scranton, Pa.

From Mother Nature's storehouse we have gathered the roots, barks and herbs which are compounded, under the famous Tanlac formula,

to make Tanlac. If your body is weak and undernourished, if you can't sleep or eat, have stomach trouble or burning rheumatism, just you see how quickly Tanlac can help you back to health and strength.

Don't delay taking Tanlac another day. Stop at your druggist's now and get a bottle of this, the great-est of all tonics. Take Tanlac Vegetable Pills for constipation.

Same Direction

Storekeeper-Dear me, did you fal down the steps?

Customer-Yea, but it's all right. was going down anyway.

Housework Easy New!

Huntington, W. Va.-"About a year ago I was in a rundown, nervous state of health, with backache and abdominal pains. remembered hear-ing of Dr. Pierce's Favorite Prescription being such a splendid tonic and nervine for women so I sent for a bottle. I obtained re-

lief at once, my

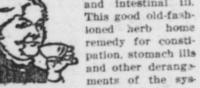
aches and pains disappeared, my nerves grew stronger so that I rested , better at night, and I was able to do my housework with comfort. I recommend the 'Prescription' most highly to every woman who has become weak and ill from feminine trouble."—Mrs. Eliza-beth James, 1851 Fourth Ave.

Write Dr. Pierce, President Invalids' Hotel in Buffalo, N. Y., for free advice

E'S HONEY of HOREHOUND and TAR There's nothing like this for breaking up colds - amazing relief to sore throats, head and chest - Safe - Money back O cents at all druggists.

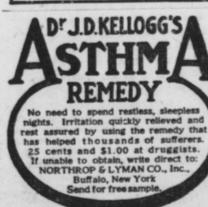
Garfield Tea Was Your

Grandmother's Remedy and intestinal ill.



tem so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.







Loosen Up That Cold With Musterole

Have Musterole handy when a cold starts. It has all of the advantages of grandmother's mustard plaster WITH-OUT the blister. Apply it with the fingers. You feel a warm tingle as the healing ointment penetrates the pores then a soothing, cooling sensation and

quick relief.

Made of pure oil of mustard and other simple ingredients, Musterole is recommended by many nurses and doctors. Try Musterole for bronchitis, sore throat, stiff neck, pleurisy, rheu-matism, lumbago, croup, asthma, neuralgia, congestion, pains and aches of the back or joints, sore muscles, sprains, bruises, chilblains, frosted feet, colds of the chest. It may prevent pneumonia and "flu."

