

HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

BLACK LADY

BLACK LADY was a beautiful cow. She belonged to a farmer in Edgar county, Illinois.

When the state department of agriculture tested her and pronounced her tubercular, the farmer was mad.

Two years went by. Then Anybell, the five-year-old girl, began to have pains in her back.

It was a pretty expensive lesson for Kelly, who thought he was giving his little brood good milk.

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THE EYES OF SCHOOL CHILDREN

ONLY one child out of ten, of the average age of eight and one-half years, has perfect eyesight.

Fortunately, far-sightedness tends to correct itself with growth and development, more than near-sightedness.

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?

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.

The TALE of KIDDIE KATYDID by Arthur Scott Bailey



MR. NIGHTHAWK

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

He fell so fast that Kiddie Katydid, watching from his hiding-place in one of the maples, couldn't help hoping that the sky-coaster would be unable to stop himself 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 roaring sound. And then he mounted upward again.

Meanwhile Kiddie Katydid kept very still among the leaves, with his wings folded over his back.

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

"There you are!" he said. "You needn't think I don't see you!"

Among the NOTABLES

KATE CHASE

TWO generations ago Kate Chase, born August 13, 1840, was known as the most beautiful woman in America.

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.

When she was twenty, her father was made a senator and Kate moved to Washington, where her fame as a beauty became nation-wide.

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.

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.

A plot on the part of Nero to poison the rising philosopher failed, and he was drawn into the famous Pisonian trial typical of the time.

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A LINE O' CHEER

By John Kendrick Bangs.

WASHINGTON'S BIRTHDAY

'TIS not so much my place out in the sun that marks my debt to noble Washington.

To him who wears our country's greenest bay.

As that which through his spirit hath come down.

The heritage, the glory, and the crown.

Of all his people in the gift he bore.

And freely gave to us in days of yore.

"Why, good evening!" Kiddie Katydid answered, since he was discovered—and there was no use denying it.

"I have no doubt you would have!" Mr. Nighthawk sneered. "But I like to take people unawares."

"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."

"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!"

Kiddie 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.

Though he was not nearly so old as Mr. Nighthawk, Kiddie Katydid had learned a thing or two during his brief lifetime.

Now, Mr. Nighthawk had a certain odd trick of talking through his nose.

He referred to little nine-months-old Slabides, who lay yowling tirelessly at the base of the cliff on which Ironjaw sat sunning himself.

Little Slabides yowled on. "The pesky paleolithic nuisance!" growled Ironjaw.

"Oh, you won't, won't you? You will, will you?" bellowed Ironjaw.

"Friendship always benefits; while love sometimes injures!"

These words are attributed to Lucius Annaeus Seneca, Roman philosopher and son of Marcus Annaeus, one of the most eminent rhetoricians of his day.

Born in Corduba, Spain, at 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.

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Aileen Pringle



This is a recent picture of Aileen Pringle, the well-known "movie" star, who has been seen in numerous screen pictures and whose work is greatly admired by her thousands of friends.

AN ABBREVIATED STORY

LITTLE SLABIDES

"HANG that brat!" muttered Ironjaw savagely.

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The Kitchen Cabinet

For ago 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.

SEASONABLE SANDWICHES

During the winter the filling for sandwiches may be prepared of game, turkey and various meats which are especially good during the colder months.

Turkey Sandwiches.—Mix one-half cupful each of chopped cold turkey, celery and blanched almonds.

Caviar Sandwiches.—To one-fourth of a pound of caviar, add two tablespoonfuls of lemon juice and three tablespoonfuls of olive oil.

Hot Chicken Sandwiches.—Chop medium fine, cold cooked chicken. Have ready rounds of hot buttered toast.

Emergency Sandwiches.—Take one cupful of grated cheese that is rather dry, add three hard cooked eggs finely chopped.

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

Hot Open Oyster Sandwiches.—Scald one cupful of cream, add two tablespoonfuls of fine bread crumbs.

Roast Goose.—As geese are so fat it is necessary to treat them differently in cooking than the ordinary fowl.

Jelly Sandwiches.—Spread slices of thinly cut white bread with creamed butter, cover half of the slices with guinea 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 nuisance can be largely restricted to places where food necessarily must be kept.

Carrot, Pineapple and Lemon Jello Salad.—Grate carrots to fill a cup, add as much finely diced pineapple, stir into lemon jello and pour into small molds to harden.

The Three P's Salad.—Take a cupful each of steamed prunes, rolled peapods and minced pineapple. Arrange on head lettuce and serve with French dressing.

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Builds up weak bodies



"After what it did for me, Tanlac has my unlimited praise and endorsement. 3 years of nervous indigestion had ruined my health 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, herbs and plants 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 greatest of all tonics. Take Tanlac Vegetable Pills for constipation.

Same Direction

Storekeeper—Dear me, did you fall down the steps? Customer—Yes, but it's all right. Was going down anyway.

Housework Easy Now!

Huntington, W. Va.—"About a year ago I was in a rundown, nervous state of health, with backache and abdominal pains. I remembered hearing of Dr. Pierce's Favorite Prescription being such a splendid tonic and nerve for women."

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DR. J.D. 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.

Send for free sample

Green's August Flower

Relieves that feeling of having eaten unwisely. 30c and 90c bottles. AT ALL DRUGGISTS.

Loosen Up That Cold With Musterole

Have Musterole handy when a cold starts. It has all 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, rheumatism, 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."

Musterole

Better than a mustard plaster

MUSTEROLE

