

Sick bodies made strong



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After a spell of Grippe or flu, when your system is all run down and your legs are so weak they can hardly hold up your body, start right in taking Tanlac. It's wonderful how soon you really do improve! Tanlac sails right in and puts the system in fighting trim. It cleans the blood, revitalizes the digestive organs, gives you an appetite for solid food and makes you feel like a new person.

Nothing will turn the trick quite as fast as Tanlac, made after the famous Tanlac formula from roots, barks and herbs. Buy a bottle today and get started back to full strength and vigor. Take Tanlac Vegetable Pills for constipation.

Cuticura Soap for the Complexion. Nothing better than Cuticura Soap daily and Ointment now and then as needed to make the complexion clear, scalp clean and hands soft and white.

Success means "credit."

BELL-ANS FOR INDIGESTION. 6 BELL-ANS Hot water Sure Relief. BELL-ANS FOR INDIGESTION 25c and 75c Pkgs. Sold Everywhere.

Colds Fever Grippe Be Quick-Be Sure! Get the right remedy—the best men know. So quick, so sure that millions now employ it.

CASCARA QUININE. Get Red Box with portrait.

PORTER'S Pain King SALVE.

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.

PARKER'S HAIR BALSAM. Hindercorns. Removes Dandruff, Stops Hair Falling, Restores Color and Faded Hair.

CUTS and SCRATCHES. Stop the smarting and hasten the healing by prompt application of Resinol.

HALE'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. 30 cents at all druggists.

CHERRY-GLYCERINE COMPOUND FOR COUGHS, COLDS BRONCHITIS AND THROAT AFFECTIONS. FOR SALE BY ALL DEALERS. PREPARED BY JAMES BAILY & SON BALTIMORE, P. D.

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

GUARDING EYES FROM BIRTH

PROTECTION of the eyes should begin at birth, according to the report recently submitted to Secretary of Labor J. J. Davis. This report made by the division of child hygiene of the children's bureau is based on a careful study of over two thousand children under the school age at Gary, Ind.

Out of the two thousand children examined over one-third had some amount of defective sight. In over 5 per cent, the defect was serious and in most cases had not even been suspected. Two and one-half per cent had crossed eyes and only one of these cross-eyed children had had anything done to correct this defect.

Leaving out all thought of the child's comfort, welfare or future it doesn't seem to be very good business policy to tax the public for money to build, equip and maintain schoolhouses, pay teachers and furnish textbooks and then send children to school who can't see.

The Eyesight Conservation council, then, is quite right when it concludes in its report that education is largely dependent on good eyesight. Care of the eyes must actually begin at birth. The eyes of all new-born babies should have a few drops of silver nitrate solution dropped into them at birth in order to prevent infection which, if left untreated, may cause many cases of total blindness.

As the child grows older, toys, games, pictures and puzzles should be large and clear. The child should not be allowed to strain his eyes with anything which requires close inspection or to play or read in dark corners or by a fading light.

OUR WINTER PLAGUE

THE winter and early spring months are the times when pneumonia is common. This disease is as old as human life. It has been called by some physicians the natural end of the old person. It is also prevalent in the earliest years of life, being most common from the first to the third year and from the sixteenth to the eighteenth.

Increasing knowledge gained during the last fifty years has given us practically complete information regarding the cause of this universal disease, how it affects the body and how it can be recognized. But we know little if anything more than we knew 100 years ago as to how it can be prevented, why it attacks one person rather than another and how it can best be treated.

There are two points, however, on which the best authorities of today differ from those of a century ago. The old idea was that pneumonia was principally a disease of the lungs and that all the other symptoms were secondary and due to the lung conditions. This is shown by the terms "lung fever" and "inflammation of the lungs" which were formerly applied to pneumonia. Today, the best authorities consider pneumonia as an infection of the entire body and the lung condition as secondary to and resulting from this general infection.

The other changed idea is that most of the drugs that were used for years in cases of pneumonia are now regarded as of little value. There is no drug, serum or preparation known which has any effect on this disease. It runs a definite course more regular than that of any other disease. It is one of the few diseases in which that much abused word "crisis" really applies. In the great majority of cases, on the eighth day the temperature falls suddenly and if the patient is going to get well, he begins to improve.

There are just two things a pneumonia patient needs—rest and fresh air. The more you fuss with him, either with medicine, plasters or applications, the less chance of recovery he has. A cool room, 50 to 55 degrees, light but warm covering, plenty of water and all the sleep he can get will do him more good than all the drugs he can take.

The TALE of KIDDIE KATYDID by Arthur Scott Bailey



FREDDIE WANTS TO TELL

AS SOON as Kiddie Katydid mentioned the word music, Freddie Firefly began to dance and shout. "There!" he cried. "You've just the same as told me that I was right. If you sang your 'Katy did, Katy did; she did, she did,' you would call it stinging. But since you make that ditty by rubbing your wing covers together, it is music. And you just referred to it as such!"

Well, Kiddie Katydid couldn't say a single word. Freddie Firefly was right. They both knew it. And the secret was hopelessly "out." In fact, it was a secret no longer—unless Kiddie Katydid could persuade Freddie Firefly to keep the news to himself.



And He Flitted Away, Feeling Somewhat Peeved.

"You won't say anything about this little matter, I hope," Kiddie began. "Won't it?" said Freddie Firefly. "Why, I just couldn't help telling people what I've learned! It's the biggest bit of news that I've known since I've lived in Pleasant Valley. And I must get word of it to old Mr. Crow somehow."

"Why Mr. Crow?" Kiddie Katydid inquired anxiously. He knew that the old gentleman was a great gossip. "You might as well put this in a newspaper as tell old Mr. Crow about it."

"What's in a Name?" by MILDRED MARSHALL

THE Irish, to whom Shiela undoubtedly belongs, prefer to spell the graceful name, Sheeliah. Either form is correct and the fortunate bearer of the name, growing weary of one version, may turn to the other without fear of affectation. Shiela means "blind." It comes from the old Roman and is popular in Italy in modern times in the guise of Zilla or Cella.

Its earliest origin was among the Coelian gens, founded by the Etruscan general Coelus Vivenna, who also named the Coelian hill. The wives in Venice adopted Zilla in honor of this Venetian hero and the name spread to Naples where it appeared as Lillola. Just why it should have appealed to the Irish is not clearly understood, unless they, like the French, believed that it had some connection with the heavens, or sky, whose Latin term is "coelum." Thus a blue-eyed Irish girl might easily have been called Shiela or Sheeliah under the romantic Celtic idea that the sky was reflected in her lovely orbs.

Curiously enough, Shiela spread throughout England. It is very popular there today, but it is rarely spelled Sheeliah. The turquoise is Shiela's talisman gem. It is believed to bring her true love and a happy marriage. Monday is her lucky day and 6 her lucky number.

A LINE O' CHEER by John Kendrick Bangs

TO BE or not to be? That is no question, Unless, perchance, you have the indigestion— Never to know the joy of love and life? Never to know the thrill of conquering strife? Never to taste the bliss of mastery? Over the things of earth, and air, and sea? Never to feel? Never to know the Spring? Never to laugh, never to dance or sing? Never to suffer pain for others' sake? Never to sleep and dream, never to wake? No question there! Whatever man's distress No being would he drop for nothingness!

THE QUESTION

THEY who count the cost don't often take the count. My ambition at that time was to become an officer in the cavalry branch of the service, as I had recently failed in my entrance examinations at West Point and enlisted for the purpose of obtaining a commission by working my way up through the ranks.

paper as tell old Mr. Crow about it." "Ah! That's just the point!" cried Freddie. "Mr. Crow is a newspaper. Perhaps he didn't know it; but every Saturday he flies over Blue mountain to the pond where Brownie Beaver lives and tells Brownie all the news of the past week."

"Then for pity's sake, don't let him hear of this!" Kiddie begged.

But nothing could have stopped Freddie Firefly. "You're too modest," he said. "It's a shame to be able to make music the way you do and not let the neighbors know it. Why, the first thing you know you'll be one of the most famous people in this whole valley."

"But I don't want to be!" Kiddie Katydid cried. "I'm not like you. You go dancing about every night, flashing your light so everyone can see you. But I stay among the trees and shrubs. And I even wear a green suit—which matches the color of the leaves—so people won't notice me. Of course," Kiddie added, "I don't mind if the public hears my music. But I don't care to be seen, as a rule. And I don't like callers a bit!"

"You don't eh?" remarked Freddie Firefly. "Then it's time for me to be moving along. For I never stay where I'm not welcome." And he flitted away, feeling somewhat peevish—and all the more determined to get the news of the discovered secret to Mr. Crow at the earliest possible moment.

How he was going to do that he didn't quite know. There was little chance of his seeing Mr. Crow, for the old gentleman only waked up at the time Freddie Firefly was ready to go to bed—about dawn.

He was pondering over his difficulty, which bothered him not a little, when a terrific croaking from the direction of the swamp reached his ears. It was the final chorus of the Frog family's nightly singing party. And it promptly put an idea into Freddie Firefly's head. "I'll hurry right over there and speak to Mr. Frog, the well-known tallor," he said to himself. "He knows old Mr. Crow. He sees him almost every day. And he'll be glad to give the old gentleman a message."

(© by Grosset & Dunlap)

THE WHY of SUPERSTITIONS by H. IRVING KING

THREE BROTHERS

ASK any man totally ignorant of his ancestry for any distance back, and the chances are ten to one he will tell you: "There were three brothers came over, one settled in such a place" and then he gives the place of settlement of the three. Ninety-nine times out of a hundred this is not true and moreover the man has no actual reason to suppose it so. But he firmly believes it. The three brothers' ancestry is in fact a superstition which seems to be thoroughly ingrained in the human race—for what reason it is hard to say; probably its source lies in the old magic of arithmancy. Nations as well as individuals and families look to the "three brothers" as the source of their existence and have done so as far back as history and tradition can take us.

Perhaps the Biblical story of the three brothers, sons of Noah, who continued the human race after the flood, may account in some measure for the persistence of the three brothers legend today. But it must be observed that Hesiod speaks of three brothers, the offspring of the union of earth and heaven, from whom the human race is descended; and the ancient Germans declared that their various tribes were all descended from three brothers. And so on illustrations might be multiplied. In fact from most ancient times men and nations when of untraced origin have been accustomed to begin the legend of their genes with the words: "There were three brothers."

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WHEN I WAS TWENTY-ONE by JOSEPH KAYE

AT 21—Edgar Rice Burroughs Was an Army Cavalry Man.

MY POSITION in life on my twenty-first birthday was that of a private in Troop B, Seventh United States Cavalry, stationed in Arizona. My ambition at that time was to become an officer in the cavalry branch of the service, as I had recently failed in my entrance examinations at West Point and enlisted for the purpose of obtaining a commission by working my way up through the ranks.

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Alma Rubens

Handsome Alma Rubens, the "movie" star, was born in San Francisco. Her family, prominent socially, were hard to win over when Alma decided she wanted a stage career. She has always had leading roles, which she has graced with her brunette beauty and her dramatic ability. She has appeared in some of the best pictures.



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The Hotel Stenographer by Roe Fulkerson



"WHO hooked your marbles, Kelly?" asked the Hotel Stenographer. "I got trouble at home," answered the House Detective gloomily. "I haven't had a kind word from my wife for a week. I should get a divorce."

"Don't divorce her, Kelly," advised the girl. "Kill her. That's the fashionable way of getting rid of wives in these days. It ought to be easy for you, too. All you got to do is to go round to the florist and buy her a bunch of flowers and send 'em to her. Be sure and put in your card, Kelly, for if you do not she will be afraid to show them to you. When she opens the box and sees the flowers with your name on them she will drop dead and you can use the flowers at her funeral service."

"Or send her a box of candy. If she opens a box of candy and finds your card in it she will be so surprised her jaw will drop down and she will swallow the first piece without chewing it. It will choke her and then you will have a well sweetened dead wife. Kelly, like every other married man, you are so tight that if you wink your eye wiggles. Why don't you try a bit of kindness on her and spend a bit of change? If the shock does not kill her the atmosphere will change instantly. It pleases a woman ridiculously to know that while her man is downtown he actually remembers her even if there isn't a button off the back of his pants or a hole in the toe of his sock."

"If you treated your wife to that Peacock Alley smile and from-the-hips-bow you use on the women around this hotel she would actually like you, Kelly, instead of enduring you with a sigh like you were a sore tooth or a wash bill. Kelly, if a man treated his sweetheart like he treats his wife matrimony would disappear from our fair land. If he treated his wife as he does his sweetheart, divorce lawyers would have to start working for a living. (Copyright by the McNaught Syndicate, Inc.)

WHEN I WAS TWENTY-ONE by JOSEPH KAYE

At 21—Edgar Rice Burroughs Was an Army Cavalry Man.

MY POSITION in life on my twenty-first birthday was that of a private in Troop B, Seventh United States Cavalry, stationed in Arizona.

My ambition at that time was to become an officer in the cavalry branch of the service, as I had recently failed in my entrance examinations at West Point and enlisted for the purpose of obtaining a commission by working my way up through the ranks.

I had many other ambitions in youth, ranging from ownership of a candy store to heavyweight championship of the world, none of which I achieved and none of which, I now realize, would have been as satisfactory as my present vocation. Edgar Rice Burroughs. TODAY—Edgar Rice Burroughs is the famous creator of books which have brought him a great reputation and no small share of the world's shekels.

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Back Bad This Winter? Too Often Backache Is Kidney Ache

Winter's colds and chills are hard on the kidneys. And when your kidneys are overworked, you are apt to have daily backache, stabbing pains and bladder irregularities. Don't risk neglect. Use Doan's Pills. Doan's are recommended the world over. Ask your neighbor!

A Virginia Case J. W. White, 529 Randolph A. V., Cape Charles, Va., says: "My back was sore and lame and it was a task for me to stoop or straighten. My kidneys were weak and acted irregularly a good many nights. The free passage of the secretions disturbed my rest. Headaches and dizzy spells also bothered me, but Doan's Pills relieved me."

DOAN'S PILLS 60c

STIMULANT DIURETIC TO THE KIDNEYS Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

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To introduce Bartel's Quality Bird Food. With every purchase of a genuine BARTEL'S MOUNTAIN SINGING CANARY \$1.00. All carefully selected baby singers — or GENUINE ST. ANDREW'S BIRD \$1.00. \$1.00. State noted songsters. Complete Canary breeding outfit \$1.50. Includes pair of selected Harts Mountain Canaries, Double breeding Oge, Nest and Nesting, and full instructions how to raise Canaries. Well packed specially lined. Includes the book, "Home Pets and How to Care for Them."

Green's August Flower for Constipation, Indigestion and Torpid Liver. Relieves that feeling of having eaten unwisely. 30c and 90c bottles. AT ALL DRUGGISTS.

PISO'S for COUGHS. Quick Relief! A pleasant effective syrup. 35c and 60c sizes. And externally, use PISO'S Throat and Chest Salve. 35c.

PASTOR KOENIG'S NERVINE for Epilepsy Nervousness & Sleeplessness. PRICE \$1.50 AT YOUR DRUG STORE. Write for free Booklet KOENIG MEDICINE CO. 1045 N. WELLS ST. CHICAGO, ILL.

Who can refute a sneer?—Paley. A simple, old-fashioned medicine, as good today as in 1827, is compounded in Wright's Indian Vegetable Pills. They regulate the stomach, liver and bowels. Adv.

A Farmer 40 Years Ago

Roanoke, Va.—"When I was a young man farming, over 40 years ago, my appetite failed. I lost my grip on work—had no ambition whatever, and could not sleep well at night. Then malaria got into my system. I wrote Dr. Pierce and told him of my condition, and, upon his advice, I took Dr. Pierce's Golden Medical Discovery and it gave me a feeling of health and strength in place of that mean, tired, worn-out feeling I had."—B. W. Nash, 803 Campbell Ave., S. E.

All dealers. Liquid or tablets. Send 10c to Dr. Pierce, Buffalo, N. Y., for trial pkg. tablets and write for free medical advice. Georgia Farms for sale. Piedmont Section. Strong farming land; fine pastures; mild climate; dairying. A. T. Ray, Sharon, Ga.

Grandmother Knew

There Was Nothing So Good for Congestion and Colds as Mustard. But the old-fashioned mustard plaster burned and blistered. Get the relief and help that mustard plasters gave, without the plaster and without the blister. Musterole does it. It is a clean, white ointment, made with oil of mustard. Gently rub it in. See how quickly the pain disappears. Try Musterole for 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, frost-bitten feet, colds of the chest (it may prevent pneumonia).

Jars & Tubes MUSTEROLE WILL NOT BLISTER Better than a mustard plaster